Wellbeing Wednesday Lunchtime Workshops
For weekly topics see:
http://www.tcd.ie/Student_Counselling

Dates: Wednesdays, 18th October to 13th December *
*Excluding 8th November (Study Week)

Time: 1.00pm - 2.00pm
Venue: Seminar Room 318, Student Counselling Services

SELF HELP SUPPORTS

Aware
Depression and Bipolar Disorder Support Services. A Young Adults Support Group meets at 7.30pm on Thursdays in 72 Leeson Street, Dublin 2.
See website for current information: www.aware.ie

Bodywhys
Support services for people affected by eating issues / eating disorders. Support Groups meet in Temple Bar, Dublin City Centre, at 7.30pm on the 1st & 3rd Wednesday of every month.
See website for current information: http://www.bodywhys.ie

OCD Ireland
Support services for people affected by problematic perfectionist thoughts/behaviours and Obsessive Compulsive Disorder (OCD). Support Groups meet in St. Patrick’s Mental Health Services, Dublin 8.
See website for current information: https://www.ocdireland.org

Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Workshops & Groups Wellbeing Programme
Open to all Registered Trinity College and Marino Institute of Education Students

http://www.tcd.ie/Student_Counselling

Free & Confidential

Michaelmas Term 2017
GROUPS PROGRAMME

**Venue:** Group Room 331, Student Counselling (unless otherwise stated)
**To Register:** Phone (01) 896 1407 or email student-counselling@tcd.ie

**Addictive Behaviours and Recovery Group**
**Drop in - No Registration Required**
**Date:** Mondays, 23rd October to 11th December (7 sessions)
**Time:** 5.45pm to 7.15pm
**Facilitator:** Aisling Holland & Scott Ahearn. Funded by Students Union, TCD

**Managing Mood Group**
**Date:** Thursdays, 26th October to 16th November (4 sessions)
**Time:** 3.30pm to 5.00pm
**Facilitator:** Yvonne Tone

**Cultivating Mindfulness and Compassion Group**
**Date:** Thursdays, 26th October to 7th December (7 sessions)
**Time:** 5.30pm to 7.00pm
**Facilitator:** Annemarie Naughton & Tony Monahan

**Treking Through Anxiety Group**
**Date:** Mondays, 13th November to 4th December (4 sessions)
**Time:** 3.30pm to 5.00pm
**Facilitator:** Orla Mc Loughlin

**Bereavement Support Group**
**Date:** Wednesdays, 15th November to 13th December (5 sessions)
**Time:** 5.30pm to 7.00pm
**Venue:** Chaplaincy, 3rd Floor, House 27, TCD Campus
**Facilitators:** Chuck Rashleigh (SCS) & Jools Hamilton (Chaplaincy)

**Managing TCD with ASD**
**Dates:** Thursdays, 23rd November to 14th December (4 sessions in 1st Term) AND 18th January to 8th February (4 sessions in 2nd Term)
**Time:** 3.30 pm - 5.00 pm
**Facilitator:** Yvonne Tone and Tony Monaghan

**PG Tips: Postgraduate Support Group**
**Drop in - No Registration Required**
**Date:** Fridays, 22nd September to 8th December
**Time:** 2.00 pm - 3.00 pm
**Facilitator:** Jo Harney

**Group Analytic Therapy – By referral only**
**Day:** Tuesdays
**Time:** 6.00 pm - 7.30 pm
**Facilitator:** Maev Houlihan, UCD

**On-going Therapy Group – By referral only**
**Day:** Wednesdays
**Time:** 6.00 pm - 7.30 pm (during term) / 2.30pm - 4.00pm (out of term)
**Facilitator:** Mark Robinson & Helen Mc Geough

**DROP IN WORKSHOPS**
**Just come along - No need to register**

**Weekly Mindfulness Meditation Drop In (30 mins)**
**Dates:** Mondays, 2nd October to 18th December
**Time:** 5.00pm *(Please be on time to avoid disruption to class)*
**Facilitator:** Annemarie Naughton
**Venue:** Seminar Room 318, Student Counselling Services