WELLBEING WEDNESDAY
Lunchtime Workshops 2019
1pm - 2pm

Open to all Registered Students of Trinity College & Marino Institute of Education
Follow TCD Headspace on Facebook, Twitter and Instagram
#LeanOnUsTCD

1. Start 2nd Semester on the right foot
   Date: 6th February

2. Relationships: The laws of Attraction
   Date: 13th February

3. Shy? Coping with Social Anxiety
   Date: 20th February

4. Finding hope after a Bereavement
   Date: 27th February

5. Perfectionism: How to tame your inner critic
   Date: 13th March

6. Motivation and Concentration
   Date: 20th March

7. Understanding Mental Health: Alternatives to diagnostic labels
   Date: 27th March

8. Retrain your brain: Breaking bad habits
   Date: 3rd April

9. Resilience: How to strengthen yourself
   Date: 10th April

NO REGISTRATION OR FEE - JUST DROP IN!
STUDENT COUNSELLING SERVICE, 3RD FLOOR, 7-9 SOUTH LEINSTER STREET