

Trinity disAbility Service

Group Support

The disAbility Service holds several groups during term time, including peer support groups, social groups and academic support groups.



Drop-in

An Mheiteal, Printing House Square

ADHD Peer Group
Thursdays 4-5pm

Autistic Peer Group
Wednesdays, 5-6pm

Off Books Peer Group

Regent House, Front Square

Cairdeas Community Choir
Mondays, 6.30-8pm

Sign-up

Queer Disabled Peer Group

Screen Use and Wellbeing Support Group

Cookery 101

ACADEMIC SUPPORT GROUPS

Sign-up

Undergraduate Thesis/
Capstone/Dissertation
Tuesdays 4-5pm

Adjusting to Learning
at University
Wednesdays 5-6pm

Masters/Taught Postgrad Thesis
Academic Support Group
Tuesdays 3-4pm

Subject-specific
tutorial groups



Mathematics &
Statistics B
Time TBD
Sign-up open

For more
information and
sign-up forms, see
the Peer Groups
page on our website



GROUP INFO

Click the links for sign-up and more info! Some groups are closed for now, but you can register interest for future groups by reaching out to askds@tcd.ie

Cairdeas Community Choir

Cairdeas Community choir is open to all students and staff at Trinity, and friends are very welcome to come along with you. There are no try-outs, we sing a variety of musical styles for the pure love of singing! The emphasis is on enjoyment no matter what level you are at.

Cookery 101

This group is for students in Trinity Hall interested in learning how to cook. This group is currently closed, but please get in touch if you are interested in future groups like this.

Screen Use and Wellbeing Support Group

Have you found screen habits impacting your academic work, sleep, daily routine and general wellbeing? The DS and Student Counselling are co-running a non-judgemental and supportive group for anyone looking to develop their awareness and take greater control over their screen habits. This not a digital detox camp and there is no expectation to make particular commitments or changes.



PEER SUPPORT GROUPS

ADHD Peer Group

This group is open to all students who feel they may benefit from attending, including those engaging with the Disability Service with an existing diagnosis of ADHD, as well as those not connected to the Disability Service who may be seeking diagnosis or who suspect they may have ADHD.

Autistic Peer Group

This group is open to all students who feel they may benefit from attending, including those engaging with the Disability Service with an existing diagnosis of Autism, as well as those not connected to the Disability Service who identify as Autistic/neurodivergent.

Queer Disabled Peer Group

This group is open to any student who identifies as both queer and disabled. The aim of this group is to help support students with these intersectional identities that may have difficulty finding safe and welcoming spaces with those with similar experiences.

Off Books Peer Group

This group is for students who are returning from off-books. Pop in to meet other students over a cup of coffee! The Off Books group will resume in Semester 2.

No need to be registered with the disAbility Service to attend these groups!



ACADEMIC SUPPORT GROUPS



If you feel you would benefit from exploring any of these themes in a group setting, please register your interest

Undergrad Thesis/Capstone/Dissertation

This group is aimed at final year undergraduate students who are completing a thesis, capstone, dissertation, or final year project. For students who are struggling with deciding on a thesis question, getting used to self-directed research, establishing a writing routine, and planning and writing the thesis.

Adjusting to Learning at University

These groups are intended for students starting out in university, students who may not have studied in a while, undergraduate students returning from a period of time off-books or anyone who wants to brush up on their academic skills in a group-based setting. For students struggling with academic writing, building a study routine, managing your workload, or exam preparation.

Masters/Taught Postgrad Thesis

This group is intended for postgraduates writing a large research thesis (e.g. PhD, Research Masters, Mlitt). It will aim to support postgrads at various stages of the thesis process, such as honing research questions, structuring chapters, providing accountability for regular writing, establishing work routines, and editing large manuscripts. It is open to all disciplines.

Academic support groups are open to students registered with the disAbility Service, mature students, and TAP students.