



**Low Mood**  
**Steps to negotiate and ease this experience**  
**Three one hour workshop series**  
**with**  
**Ruan Kennedy-Senior Counsellor**

**Dates: Wed 8th Nov 17**  
**Wed 15th Nov 17**  
**Wed 22nd Nov 17**

**Time:** Wednesdays (4.00pm-5.00pm)  
**Location:** AGOO in the Albert College Ground Floor (back of the main campus restaurant /to the left of the 1838 entrance)  
**Admission:** Free  
**Open to:** Students who have registered with the Counselling & Personal Development Service

We advise where possible to attend all 3 sessions as each session builds on the previous one.  
A **Certificate of Attendance** will be awarded to those who attend all three workshops.

This series is part of our **Student Empowerment and Life Skills Programme**

