

Low Mood



Steps to understand and ways to negotiate/ease this experience

Two one hour workshops

with

Ruan Kennedy-Senior Counsellor

Week 1 : Wednesday 14th November '18

Week 2 : Wednesday 21st November '18

Time: 1 – 2pm
Location: Glasnevin Campus – Room HG18, School of Nursing Building
Admission: Free
Open to: All Students

We advise where possible to attend both sessions as the second session builds on the first one. A **Certificate of Attendance** will be awarded to those who attend both workshops. This series is part of our **Student Empowerment and Life Skills Programme**.