

# Low Mood



## Steps to understand and ways to negotiate/ease this experience

Two one hour workshops

with

**Ruan Kennedy-Senior Counsellor**

**Week 1 : Wednesday 20<sup>th</sup> March '19**

**Week 2 : Wednesday 27<sup>th</sup> March '19**

**Time:** 1 – 2pm  
**Location:** Glasnevin Campus – Room K208, 'U' 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**.