

**U&Counselling.** A four week lunchtime series with Helena Ahern, Head of Counselling and Personal Development Service.

# Mindfulness, Wellbeing & Stress Reduction Practices.

<b>Session 1</b>	<b>Wednesday, 27<sup>th</sup> February '19</b>	<b>F203</b>
<b>Session 2</b>	<b>Wednesday, 6<sup>th</sup> March '19</b>	<b>F203</b>
<b>Session 3</b>	<b>Wednesday, 13<sup>th</sup> March '19</b>	<b>F203</b>
<b>Session 4</b>	<b>Wednesday, 20<sup>th</sup> March '19</b>	<b>F203</b>

We advise where possible to attend all 4 sessions, each session builds on the previous one. A certificate of attendance will be issued to participants who wish to attend all 4 sessions.

**When:** 1 - 2pm each Wednesday  
**Where:** Room F203  
St. Patrick's Campus  
**Admission:** Free  
**Open to :** All students & Staff

**DCU  
SS&D**

