

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

Mindfulness, Wellbeing & Stress Reduction Practices.

Session 1 **Wednesday 10th Oct. '18**

Session 2 **Wednesday 17th Oct. '18**

Session 3 **Wednesday 24th Oct. '18**

Session 4 **Wednesday 31st Oct. '18**

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: **CG12 Henry Grattan Building**
 Glasnevin Campus
Admission: Free
Open to : All students & Staff

DCU
SS&D

