

**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 10<sup>th</sup> Oct. '18**

**Session 2**                      **Wednesday 17<sup>th</sup> Oct. '18**

**Session 3**                      **Wednesday 24<sup>th</sup> Oct. '18**

**Session 4**                      **Wednesday 31<sup>st</sup> 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:**                      **Solas Room**  
**2<sup>nd</sup> Floor, The 'U'**  
**Glasnevin Campus**

**Admission:**                Free

**Open to :**                    All students & Staff

**DCU**  
**SS&D**

