

**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 14<sup>th</sup> Nov. '18</b>	<b>The Hive, U Building</b>
<b>Session 2</b>	<b>Wednesday 21<sup>st</sup> Nov. '18</b>	<b>The Hive, U Building</b>
<b>Session 3</b>	<b>Thursday 29<sup>th</sup> Nov. '18</b>	<b>Solas Room, U Building</b>
<b>Session 4</b>	<b>Thursday 6<sup>th</sup> Dec. '18</b>	<b>Solas Room, U Building</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:** The 'U'  
Glasnevin Campus  
**Admission:** Free  
**Open to :** All students & Staff

**DCU  
SS&D**

