

Stress and Anxiety



Steps to understand and ways to ease this experience

Two one hour workshops

with

Ruan Kennedy-Senior Counsellor

Week 1 : Wednesday 5th December '18

Week 2 : Wednesday 12th December '18

- Time:** 4.00pm-5.00pm
Location: Glasnevin Campus – Room K208, The 'U' Building
Admission: Free
Open to: All Students
Registration : Not required

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**