

# Stress and Anxiety



## Steps to understand and ways to ease this experience

Two one hour workshops

with

**Ruan Kennedy - Senior Counsellor**

**Week 1 : Tuesday 16<sup>th</sup> October '18**

**Week 2 : Tuesday 23<sup>rd</sup> October '18**

**Time:** 4.00pm-5.00pm  
**Location:** St. Patrick's Campus – Room TBC  
**Admission:** Free  
**Open to:** All Students

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**

**U&Counselling**