

Stress and Anxiety



Steps to understand and ways to ease this experience

Two one hour workshops

with

Ruan Kennedy - Senior Counsellor

Week 1 : Tuesday 16th October '18

Week 2 : Tuesday 23rd October '18

Time: 4.00pm-5.00pm

Location: St. Patrick's Campus – Room E406

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**

