



Stress and Anxiety

Steps to understand and ways to ease this experience

Three one hour workshop series

with

Ruan Kennedy-Senior Counsellor

Dates: **Wed 11th April '18**

Wed 18th April '18

Wed 25th April '18

Time: Wednesdays (4.00pm-5.00pm)
Location: HG18, School of Nursing and Human Sciences, Glasnevin Campus
Admission: Free
Open to: All DCU Students
Registration: Not required.

We advise where possible to attend all 3 sessions as each session builds on the previous one. A **Certificate of Attendance** will be awarded to those who attend all three workshops.

This series is part of our **Student Empowerment and Life Skills Programme**

