



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 Oct 17

Wed 18th Oct 17

Wed 25th Oct 17

Time: Wednesdays (4.00pm-5.00pm)

Location: AGOO in the Albert College Ground Floor, Glasnevin Campus (back of the student restaurant and to the left of the 1838 entrance)

Admission: Free

Open to: Students who have registered with the Counselling & Personal Development Service

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**

