



EMOTIONAL WELLBEING

Techniques to ease Stress and Anxiety

Two one-hour workshops

with

Ruan Kennedy-Senior Counsellor

Week 1: Wednesday 18th March '20

Week 2: Wednesday 25th March '20

Time: 1 – 2pm

Location: K208, The 'U' Building, Glasnevin Campus

Admission: Free

Open to: All Students are welcome

Registration: Not required, just come along for 1pm – session begins at 1.05pm

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**



The Counselling & Personal Development Service.