

Welfare

Events

WELFARE STRAND – OPEN ACCESS EVENTS MICHAELMAS TERM 2024 PROGRAMME

Sleep Hygiene

with Elizabeth English

Monday 21st October, 6-7pm, Old Kitchens

Dealing with Seasonal Affective Disorder (SAD) with LLTF

Monday 28th October, 6-7pm, Old Kitchens

Anxiety Management

with Dr Wendy Lee

Monday 4th November, 6-7pm, Old Kitchens

Dealing With Loneliness (ACT)

with Dr Wendy Lee

Monday 11th November, 6-7pm, Old JCR

Building Focus & Motivation Workshop (Mindfulness)

with Elizabeth English

Monday 18th November, 6.45pm, Old Kitchens

Procrastination & Perfectionism (ACT)

with Dr Wendy Lee

Monday 25th November, 6-7pm, Old Kitchens

Yoga

Every Friday, 9am-10am and 5pm-6pm, Old Kitchens [No credits]

Wake and Shake (Mosaic Dance)

Every Wednesday Morning at 8am, Squash Courts [No credits]

Swimming Lessons

Elite Swimming Academy (Details TBC) [No credits]

Life Coaching

with Jo Thompson – Dates & times TBA with Students
40 Credits (for completing a course of coaching)



Girton College
**Skills
Programme**