

Online Timetable: April - Jul 2022 via Zoom

Course Name	No of Sessions & Duration	Date	Time
<b>Introduction to Depression</b>	2 sessions of 2 hours each	Mon 9 & 16 May	6pm – 8pm
<b>Introduction to Anxiety</b>	2 sessions of 2 hours each	Wed 18 & 25 May	2pm – 4pm
<b>Visualisation for Relaxation</b>	1 session of 1 hour	Tues 21 June	2pm – 3pm
<b>Progressing with Visualisations: “The Ocean”</b>	1 session of 1.5 hours	Wed 22 June	10am – 11.30am
<b>Ways to Wellbeing: Connect</b>	2 sessions of 2 hours	Thurs 23 & 30 June	10am – 12pm
<b>Ways to Wellbeing: Learning</b>	1 sessions of 2 hours	Fri 1 July	10am – 12pm