

W/C	Week no.	Day	Time (from/to)	Group/Workshop name	One-off or week number group will run (e.g. 0-4)	Mode (In-person /online)
7-Oct	0	Thu	5.15pm-6.45pm	DPhil Therapy Group	Weeks 0-9 inclusive	In-person
		Fri	3.00pm-4.30pm	Tea & Talk	Weeks 0-9 inclusive	In-person
14-Oct	1	Mon	5.30pm-7.00pm	Survivor Support Group	Weeks 1-8 inclusive	In-person
		TBC	TBC	Neurodiversity Group	TBC	In-person
		Thu	6.00pm-7.30pm	Undergraduate Group	Weeks 1-8 inclusive	In-person
21-Oct	2	Mon	2.30pm-4.00pm	Mindfulness Course	Weeks 2-7 inclusive	In-person
		Wed	5.15pm-6.30pm	Bereavement Support Group	Weeks 2, 4, 6, 8	In-person
		Wed	5.00pm-6.00pm	LGBTQ+ Supportive Group	Weeks 2-6 inclusive	Online
		Wed	5.00pm-6.30pm	Students of Colour Workshop 1 – New Beginnings	One-off	In-person
28-Oct	3	Mon	3.30pm-5.00pm	Reduce Digital Distractions	One-off	Online
		Tue	10.00am-11.30am	Reduce Digital Distractions	One-off	Online
		Tue	3.15pm-4.45pm	Reduce Digital Distractions	One-off	In-person
		Tue	5.15pm-6.30pm	Relaxation Workshop	One-off	In-person
		Wed	5.00pm-6.30pm	Students of Colour Workshop 2 – Me and My Mental Health	One-off	Online
		Thu	11.45am-12.45pm	How to Find Your People	One-off	In-person
		Fri	2.30pm-3.30pm	Managing Sleep & Insomnia Workshop	One-off	In-person
4-Nov	4	Wed	5.00pm-6.30pm	Students of Colour Group	Weeks 4-8 inclusive	Online
		Thu	10.30am-11.30am	Managing Trauma Symptoms Workshop	One-off	Online
		Thu	3.30pm-5.00pm	Perfectionism: Understanding it and strategies to manage it	One-off	In-person
		Thu	3.15pm-4.15pm	Healing from Childhood Trauma Group	Weeks 4-8 in Michaelmas then Weeks 1-8 in Hilary and Trinity	In-person
		Fri	10.00am-11.30am	Self-Compassion Group	Weeks 4-8	Online
		Fri	2.30pm-3.30pm	Mindfulness at the Museum	One-off	In-person
		Fri	3.00pm-4.15pm	Low Mood Group	Weeks 4-8 inclusive	In-person
11-Nov	5	Mon	11.45am-12.45pm	Courage to Connect	Weeks 5-8 MT24 & Weeks 1-4 HT25 inclusive	In-person
		Mon	1.30pm-3.30pm	Managing Strong Emotions Group	Weeks 5-6 inclusive	In-person

		Tue	5.30pm-7.30pm	Anxiety Group	Weeks 5 & 7	In-person
		Thu	11.45am-12.45pm	DPhil Workshop 1: Getting started: beginning your DPhil life in Oxford as you mean to go on	One-off	In-person
		Fri	2.30pm-3.30pm	Managing Panic Workshop	One-off	In-person
		Fri	3.00pm-4.30pm	Finding Your Voice: Social Anxiety	One-off	In-person
18-Nov	6	Mon	9.30am-11.00am	Navigating Persistent Pain and Illness	Two-part with follow up on Mon 2 nd Dec 09.30am-11.00am	Online
		Wed	2.30pm-4.00pm	Introduction to Mindfulness	One-off	In-person
25-Nov	7	Thu	11.45am-12.45pm	DPhil Workshop 2 - Getting on: managing professional relationships (supervisors, lab, peers), preparing for transfer of status, and dealing with DPhil crises along the way	One-off	In-person
9-Dec	9	Thu	11.45am-12.45pm	DPhil Workshop 3 - Getting finished: preparing for submission, your viva, and life after the DPhil	One-off	In-person

Descriptions, updated information, and sign up details of each Group and Workshop can be found on the [Counselling Service website](#), under the [Groups and Workshops](#) section.