

Spring Term 2015

Student Support Workshops and Groups

Relaxation Workshops

These workshops will help participants to learn some simple but effective relaxation skills including muscle relaxation, breathing and meditation.

Day	Date	Time
Friday	23 January 15	1.00 – 2.00pm
Friday	6 February 15	11.30 – 12.30pm
Friday	20 February15	1.00 – 2.00pm
Friday	6 March 15	11.30 – 12.30pm
Friday	20 March15	1.00 – 2.00pm

Procrastination Workshops

A workshop to help you learn how to - PUT IT OFF NO LONGER!!

Day	Date	Time
Wednesday	14 January 15	2.00 – 4.00pm
Thursday	12 February15	2.15 – 4.15pm
Wednesday	4 March 15	10.00 – 12.00pm

Sleep Workshops

A workshop offering practical help and insight into the behaviours which get in the way of healthy sleep routines. It offers practical support in identifying positive changes.

Day	Date	Time
Monday	26 January 15	2.15 – 4.00pm
Wednesday	18 February 15	10.00 – 11.45am
Thursday	19 March 15	2.00 – 3.45pm

Worry less Workshops

This workshop helps you to better understand your anxiety and identify unhelpful thinking patterns. You will learn ways to challenge your worrying and self-defeating thoughts and also practice relaxation methods.

Day	Date	Time
Monday	19 January 15	5.15 – 7.00pm
Thursday	19 February 15	2.00 – 3.45pm
Wednesday	11 March 15	10.00 – 12.00pm

Laughter Yoga Workshops

You do not need to have experience of yoga – Just a willingness to laugh! Benefits include: Building confidence, improve health & energy, releasing stress, connect with inner happiness and making new friends.

Day	Date	Time
Thursday	22 January 15	6.00 – 7.00pm
Thursday	19 March 15	6.00 – 7.00pm

Dealing with Exam Anxiety Workshops

Approaching exams with more confidence and a calm and informed resolve is probably the aim for all students! Difficulties arise when anxiety over the issues associated with exams takes over, and hence this workshop aims to support students in the development of a workable approach to revision and the taking of exams.

Day	Date	Time
Wednesday	18 March 15	10.00 – 11.45am
Monday	23 March 15	5.15pm – 7.00pm

To book a place on workshops or groups, please visit:
www.intranet.birmingham.ac.uk/student/wellbeing

Or visit 3 Elms Road, Student Support reception
(G4 on campus map)

Student Support Groups

Understanding Relationships Group

This 6 session group is for all students who want to explore the dynamic in relationships, build communication skills and to work towards understanding and creating a safe environment for friendships and relationships to thrive.

Day	Date	Time
Wednesday	11 February 15	2.15 – 4.00pm
Wednesday	18 February 15	2.15 – 4.00pm
Wednesday	25 February 15	2.15 – 4.00pm
Wednesday	4 March 15	2.15 – 4.00pm
Wednesday	11 March 15	2.15 – 4.00pm
Wednesday	18 March 15	2.15 – 4.00pm

Facilitator: Marilyn Benjamin

Please book a preliminary appointment with Marilyn,

To express your interest in joining the group,

Please contact: Marilyn direct on m.benjamin@bham.ac.uk

Cool Calm and Confident Group

Would you like to improve your confidence?

Are there situations in which you lack confidence?

Do you dread new situations?

If the answer is 'yes' to any of these, why not try and come to this group!

It runs over four sessions and will help you learn new skills, where you can gather tools and tips to help you feel more confident.

Day	Date	Time
Thursday	12 February 15	2.15 – 4.30pm
Thursday	19 February 15	2.15 – 4.30pm
Thursday	26 February 15	2.15 – 4.30pm
Thursday	5 March 15	2.15 – 4.30pm

Facilitator: Marilyn Benjamin

To express your interest in joining the group,

Please contact: Marilyn direct on m.benjamin@bham.ac.uk

Coping with Bereavement Group

This is a confidential support group for students who have experienced the loss of one or both parents, or another significant family member. The death may be recent (but not within 2 months) or further back in your family history. The main aim of the group is to reduce the feelings of isolation, which often follows the death of a relative, by sharing with others in a similar situation and helping you understand the impact of your premature loss.

Day	Date	Time
Wednesday	11 February 15	2.30 – 4.30pm
Wednesday	18 February 15	2.30 – 4.30pm
Wednesday	25 February 15	2.30 – 4.30pm
Wednesday	4 March 15	2.30 – 4.30pm
Wednesday	11 March 15	2.30 – 4.30pm
Wednesday	18 March 15	2.30 – 4.30pm

Facilitator:

April Lowe

If you're interested in booking on to this group please email:

April Lowe at: A.lowe@bham.ac.uk for an initial conversation about joining the group.

Mindfulness Group

This 4 session course is suitable for anyone who wants to explore ways of handling difficult emotions or physical sensations.

Day	Date	Time
Wednesday	28 January 15	5.30 – 6.15pm
Wednesday	4 February 15	5.30 – 6.15pm
Wednesday	11 February 15	5.30 – 6.15pm
Wednesday	18 February 15	5.30 – 6.15pm

Facilitator:

David Mair

If you're interested in booking on to this group please email:

Dr. David Mair at d.j.mair@bham.ac.uk for an initial conversation about joining the group.

Eating Issues Group

This is a 6 session confidential support group for students who are having difficulties with their eating. As this can often happen in private, the group provides an opportunity to share experiences with others and talk about issues which relate to eating behaviours. The group aims to help you understand yourself better and consider making changes.

Day	Date	Time
Thursday	12 February 15	5.30 – 7.00pm
Thursday	19 February 15	5.30 – 7.00pm
Thursday	26 February 15	5.30 – 7.00pm
Thursday	5 March 15	5.30 – 7.00pm
Thursday	12 March 15	5.30 – 7.00pm
Thursday	19 March 15	5.30 – 7.00pm

Facilitator: Sue Anderson

To express your interest in joining the group,

Please contact: Sue Anderson direct on s.r.anderson@bham.ac.uk for an initial conversation about joining the group.