Workshops and Groups

**Autism@HudUni**
Join others with autism at our weekly lunch club! In this open, relaxed drop-in you can discuss your interests, get instant support from staff and peers, and speak to Advisers about any difficulties you are facing.
Every Wednesday • 12:30 - 1:30 • SC4/24

**Food for Thought**
Food for Thought is our lunch time group for general support around your mental health and emotional wellbeing. Run by one of our Wellbeing Advisers, this drop-in session allows you to meet others and receive direct support.
Every Monday • 12:30 - 1:30 • SC4/24

**Generalised Anxiety Course**
Run in partnership with IAPT, this 6-week course looks at the symptoms of long term anxiety (6 months +) and how to manage them with CBT. To join, please contact IAPT at kirklesiapt.co.uk or 01484 343700 and ask to be referred to the course.
Mondays • 10:00 - 12:00

**Learn to Like Yourself**
In this 4-week course you’ll explore ways to grow your self-worth, manage self-criticism and challenge negative beliefs you hold about yourself. To book a place, please contact studentwellbeing@hud.ac.uk.
Fridays • 2:30 - 4:30 • Starting 9 Nov
Wednesdays • 2:00 - 4:00 • Starting 6 Feb

**Mindful Meditation Hour**
Drop in to Mindful Meditation Hour and help ease your stress, low mood or anxiety. Everyone is welcome - no need to book!
1:40 - 2:40 • QSA/09 • Thursdays: 4 Oct, 18 Oct, 1 Nov, 15 Nov, 29 Nov, 6 Dec, 17 Jan, 31 Jan, 14 Feb, 28 Feb, 14 Mar, 28 Mar, 4 Apr, 2 May, 16 May, 6 June, 20 June

**Overcoming Perfectionism and Procrastination**
This course aims to help you understand procrastination and the link to perfectionism, and help you make a personal plan for change. Please email studentwellbeing@hud.ac.uk to book a place.
2:15 - 3:45 • Fridays: 8 Feb, 15 Feb, 1 Mar, 8 Mar

**PGR Support Group**
Meet fellow Postgraduate Researchers and staff for helpful discussion in areas such as time management and boosting your wellbeing.
1:00 - 2:00 • SC4/24
Oct - July: last Friday of the month
Aug - Sept: last Tuesday of the month

**Trans* and Gender Group**
Our monthly support group for trans* students and those questioning their gender identity. Meet in a safe, supportive environment. For full details, please contact I.m.gray@hud.ac.uk.
Second Thursday of the month • 5:00 - 6:00

*Wellbeing and Disability Services*