

# 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 [kirkleesiapt.co.uk](mailto:kirkleesiapt.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](mailto: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](mailto: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 [l.m.gray@hud.ac.uk](mailto:l.m.gray@hud.ac.uk).

**Second Thursday of the month • 5:00 - 6:00**