### 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, make friends, 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 studentwellbeing@hud.ac.uk or self-refer to IAPT at kirkleesiap.t.co.uk and ask to be referred to the course.

*Mondays • 10:00 - 12:00 • Starting 5 Nov*

**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.

*1:40 - 2:40 • QSA/09 • Thursdays: 4 Oct, 18 Oct, 1 Nov, 15 Nov, 29 Nov, 6 Dec, 17 Jan, 3 Jan, 14 Feb, 28 Feb, 14 Mar, 28 Mar, 4 Apr, 2 May, 16 May, 6 June, 20 June*

**Pause for Being**
Join our intensive 8-week course in mindfulness-based meditation and movement, run by one of our trained counsellors. Book your place via counselling@hud.ac.uk.

*Tuesdays • 5:00 - 7:00 • Starting 3 October*

**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.

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