

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)
15-Apr	0	Mon	3.00pm-4.30pm	DPhil Group	Weeks 0-9 inclusive	In-person
		Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
22-Apr	1	Mon	5.30pm-7.00pm	Survivor Support Group	Weeks 1-8 inclusive	In-person
		Mon	4.00pm-5.00pm	Courage to Connect	Weeks 1-8 inclusive	In-person
		Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
		Thu	6.00pm-7.30pm	Undergraduate Group	Weeks 1-8 inclusive	In-person
		Thu	2.00pm-3.30pm	Exam Anxiety Workshop	One-off	In-person
29-Apr	2	Mon	10.00am-11.15am	Reduce Digital Distractions	One-off	Online
		Mon	11.15am-12.15pm	Stressed!	One-off	In-person
		Mon	2.30pm-4.00pm	Mindfulness for Stress and Anxiety	One-off	In-person
		Mon	3.00pm-4.15pm	Reduce Digital Distractions	One-off	In-person
		Tue	10.00am-11.15am	Reduce Digital Distractions	One-off	Online
		Tue	2.30pm-4.30pm	Anxiety Group	Weeks 2 & 4 (follow up session 1hr)	In-person
		Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
		Wed	3.30pm-4.45pm	Reduce Digital Distractions	One-off	In-person
		Wed	5.15pm-6.30pm	Bereavement Support Group	Weeks 2, 4, 6 & 8	In-person
6-May	3	Mon	1.15pm-2.15pm	Endings at Oxford	One-off	In-person
		Mon	2.30pm-3.30pm	Managing Sleep & Insomnia Workshop	One-off	In-person
		Tue	4.00pm-5.30pm	Workshop Intro to CBT for Low Mood	With follow up next week	In-person
		Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
		Wed	5.00pm-6.30pm	Students of Colour: Relationships at Oxford	One-off	Online
		Wed	5.00pm-6.00pm	LGBTQ+ Supportive Group	Weeks 3-7 inclusive	Online
		Thu	5.00pm-6.15pm	Relaxation Workshop	One-off	In-person
		Fri	2.30pm-3.30pm	Mindfulness at the Museum	One-off	In-person
13-May	4	Wed	12.30pm-2.00pm	Forest Bathing	One-off	In-person
		Wed	5.30pm-7.00pm	Students of Colour: Leaving Oxford, what next?	One-off	Online
		Thu	10.30am-11.30am	Managing Trauma Symptoms	One-off	Online
		Thu	3.30pm-5.00pm	Perfectionism: Understanding it and strategies to manage it	One-off	In-person
		Fri	10.00am-11.30am	Self-Compassion Group	Weeks 4-8	Online

20-May	5	Mon	2.30pm-3.30pm	Managing Panic Workshop	One-off	In-person
		Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
		Wed	5.00pm-6.30pm	Students of Colour Group	Weeks 5-8 inclusive	Online
27-May	6	Wed	12.30pm-2.00pm	Forest Bathing	One-off	In-person
		Wed	2.30pm-4.00pm	Introduction to Mindfulness	One-off	In-person
3-Jun	7	Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person