

Wellbeing Workshops 2022

Day	Date	Time	Type of Workshop
Wednesday	20 April 2022	1pm – 3pm	Wellbeing Workshop
Wednesday	18 May 2022	2pm – 4pm	Wellbeing Workshop
Wednesday	15 June 2022	1pm – 3pm	Compassion Workshop
Thursday	7 July 2022	10am – 12pm	Wellbeing Workshop
Wednesday	10 August 2022	1pm – 3pm	Wellbeing Workshop



Six Week Introductory Course

Day	Group Starts	Time	No Session	Group Concludes
Tuesdays	19 April 2022	9am – 10am	No Break	24 May 2022 6 Week Course
Tuesdays	17 May 2022	4pm – 5pm	31 May 2022	28 June 2022 6 Week Course
Tuesdays	26 July 2022	9am – 10am	No Break	30 August 2022 6 Week Course
Tuesdays	8 November 2022	4pm – 5pm	No Break	13 December 2022 6 Week Course



MBCT - D - 8 Week Course

Day	Date	Time	No Session	Group Concludes
Thursdays	5 May 2022	1pm – 3pm	2 June 2022	30 June 2022 8 Week Course
Tuesdays	6 September 2022	4pm – 6pm	To be confirmed	1 November 2022 8 Week Course



MBCT – Life – 8 Weeks

Day	Date	Time	No Session	Group Concludes
Thursdays	21 April 2022	8am – 10am	2 June 2022	16 June 2022 8 Week Course
Wednesdays	27 July 2022	4pm – 6pm	No Break	14 September 2022 8 Week Course
Thursdays	22 September 2022	10.30am – 12.30pm	To be confirmed	17 November 2022 8 Week Course