

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)
08-Jan	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
15-Jan	1	Mon	5.30pm-7.00pm	Survivor Support Group	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
22-Jan	2	Mon	2.30pm-4.00pm	Mindfulness Course	Weeks 2-7 inclusive	In-person
		Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
		Wed	5.15pm-6.30pm	Bereavement Support Group	Weeks 2, 4, 6 & 8	In-person
29-Jan	3	Mon	1.45pm-2.45pm	How to Find Your People 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: Transitioning to Oxford – check-in	One-off	Online
		Thu	10.30am-11.30am	Managing Trauma Symptoms	One-off	Online
		Fri	2.00pm-3.00pm	LGBTQ+ Supportive Group	Weeks 3-7 inclusive	Online
05-Feb	4	Mon	10.30am-11.30am	Mindful Viewing at the Natural History Museum	One-off	In-person
		Tue	2.30pm-4.00pm	Anxiety Group	Weeks 4-7 inclusive	In-person
		Wed	1.00pm-2.30pm	Forest Bathing	One-off	In-person
		Wed	2.30pm-4.00pm	Introduction to Mindfulness	One-off	In-person
		Wed	4.00pm-5.30pm	Low Mood Group	Weeks 4-8 inclusive	In-person
		Wed	5.00pm-6.30pm	Students of Colour: Being myself at Oxford	One-off	Online
		Thu	3.30pm-5.00pm	Perfectionism - Understanding it and strategies to manage it	One-off	In-person
		Thu	2.15pm-3.45pm	Managing Strong Emotions Group	Weeks 4-6 inclusive	In-person
		Fri	10.00am-11.30am	Self-Compassion Group	Weeks 4-8	Online
12-Feb	5	Mon	10.30am-11.30am	Managing Sleep & Insomnia Workshop	One-off	In-person
		Mon	TBC	Courage to Connect: Healing from unhealthy or abusive relationships	Weeks 5-8 HT & 1-4 TT	In-person
		Tue	5.15pm-6.30pm	Relaxation 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
19-Feb	6	Mon	11.15am-12.15pm	Stressed!	One-off	In-person
		Wed	1.00pm-2.30pm	Forest Bathing	One-off	In-person
		Wed	2.30pm-3.30pm	Managing Panic Workshop	One-off	In-person
26-Feb	7	Wed	2.15pm-3.45pm	Can't Work Workshop	One-off	In-person
		Thu	1.30pm-3.00pm	Exam Anxiety Workshop	One-off	In-person