

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)
13-Jan	0	Thu	5.15pm-6.45pm	DPhil Therapy Group	Weeks 0-9 inclusive	In-person
		Fri	3.00pm-4.30pm	Can't Work Workshop	One-off	In-person
		Fri	3.00pm-4.30pm	Tea and Talk	Weeks 0-9 inclusive	In-person
20-Jan	1	Mon	11.45am-12.45pm	Courage to Connect	Weeks 5-8 MT24 & Weeks 1-4 HT25 inclusive	In-person
		Mon	5.00pm-6.30pm	Survivor Support Group	Weeks 1-8 inclusive	In-person
		Thu	11.45am-12.45pm	How to Find Your People	One-off	In-person
		Thu	3.15pm-4.15pm	Healing from Childhood Trauma Group	Weeks 1-8 inclusive	In-person
		Thu	6.00pm-7.30pm	Undergraduate Group	Weeks 1-8 inclusive	In-person
27-Jan	2	Mon	10.00am-11.30am	Social Anxiety, Reclaiming Your Life	TBC - Weeks 2-7 inclusive	In-person
		Mon	2.30pm-4.00pm	Mindfulness for Stress and Anxiety	One-off	In-person
		Wed	5.15pm-6.00pm	Bereavement Support Group	Weeks 2, 4, 6, 8	In-person
		Wed	5.30pm-6.45pm	Neurodiversity Group	Weeks 2-8 inclusive	In-person
		Fri	3.00pm-4.30pm	Can't Work Workshop	One-off	In-person
3-Feb	3	Mon	2.30pm-3.30pm	Managing Sleep and Insomnia Workshop	One-off	In-person
		Wed	5.00pm-6.30pm	Students of Colour Workshop 1 – Mid-year check-in	One-off	Online
		Thu	11.45am-12.45pm	DPhil Workshop 1: Getting started: beginning your DPhil life in Oxford as you mean to go on	One-off	In-person
10-Feb	4	Tue	5.30pm-7.30pm	Anxiety Group	Weeks 4 and 6 inclusive	In-person
		Tue	6.00pm-7.00pm	Relaxation Workshop	One-off	In-person
		Wed	5.00pm-6.30pm	Students of Colour Workshop 2 – Relationships at Oxford	One-off	In-person
		Thu	10.30am-11.30am	Managing Trauma Symptoms Workshop	One-off	Online
		Thu	3.30pm-5.00pm	Perfectionism – understanding it and strategies to manage it	One-off	In-person
		Fri	10.00am-11.30pm	Self-Compassion Group	Weeks 4-8 inclusive	Online
17-Feb	5	Mon	3.30pm-4.30pm	Courage to Connect	Weeks 1-4 TT25 inclusive	In-person
		Mon	2.30pm-4.30pm	Managing Strong Emotions Group	Weeks 5-6 inclusive	In-person
		Mon	10.30am-11.30am	Managing Panic Workshop	One-off	In-person

		Wed	5.30pm-7.00pm	Students of Colour Group	Weeks 5-8 inclusive	Online
		Thu	11.45am-12.45pm	DPhil Workshop 2: Getting on: managing professional relationships (supervisors, lab, peers), preparing for transfer of status, and dealing with DPhil crises along the way	One-off	In-person
24-Feb	6	Mon	9.30am-11.00am	Navigating Persistent Pain and Illness Workshop	Follow-up Mon 9.30am-11.00am Week 8	Online
		Wed	2.30pm-4.00pm	Introduction to Mindfulness	One-off	In-person
		Fri	3.00pm-4.15pm	Low Mood Group	Weeks 6-8 Hilary Term & 1-3 Trinity Term	In-person
03-Mar	7	Tue	4.15pm-5.45pm	Exam Anxiety Workshop	One-off	In-person
		Thu	11.45am-12.45pm	DPhil Workshop 3 - Getting finished: preparing for submission, your viva, and life after the DPhil	One-off	In-person
		Fri	1.45pm-3.15pm	Can't Work Workshop	One-off	In-person
10-Mar	8					
17-Mar	9	Thu	11.45am-12.45pm	Endings Workshop	One-off	In-person