Lunch Time Workshops
Tuesdays 1-2pm
Stop 1, Level 1 – Room 109
No registration required. Arrive early to ensure your seat.

Be Your Best – Tue 6th March
Strategies to help you get down to work and be your best.

Creating Social Connections – Tue 13th March
Feel more confident and connected in social situations.

Assertive Communication – Tue 20th March (Respect Week)
Learn to express yourself more clearly and confidently.

Overcoming Procrastination – Tue 27th March
Explore ways to stay on track and get things done.

Mid-Week Mindfulness
Every Wednesday 1:15-2pm (Wed 28th February – Wed 27th June)
Baillieu Library, Dulcie Hollyock Room
No registrations required. Introductory drop-in group to learn about mindfulness through brief guided exercises.

Special Interest Workshops
Register online – services.unimelb.edu.au/counsel

Studying On The Spectrum – Tue 24th April, 1-2pm
How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

Coming/Living Out Of Your Cultural Zone
Date/time and location to be confirmed based on registered interest
Struggling with sexuality because of cultural differences? Join a safe space for discussion, ideas, and support.

Mental Health Workshops
Register online – services.unimelb.edu.au/counsel

Mental Health First Aid (MHFA) Training
Learn to recognise and assist someone developing a mental health problem or in crisis. MHFA is offered in two formats:
Blended MHFA for Tertiary Students
Complete the eLearning modules then come along to one of our monthly half-day sessions.

OR
2-Day MHFA
Tue 20th – Wed 21st February, 9:30am – 4:30pm
Tue 26th – Wed 27th June, 9:30am – 4:30pm

Break Free From Anxiety
Wed 20th June, 9:30am – 4:30pm
Learn and practise skills and strategies to reduce everyday worry and anxiety.

Heads Up: Looking After Your Mental Health At Uni
Tue 1st May, 4-5pm
Stop 1, Level 1 – Room 109
No registrations required. Join us on University Mental Health Day to learn about common mental health issues experienced by students.

Webinars & Online Resources
Register online – services.unimelb.edu.au/counsel

Social Anxiety Program
Fri 13th, 20th and 27th April, 12-1pm
Register online – services.unimelb.edu.au/counsel
This three-week online program will help you understand social anxiety and offer strategies to overcome it.

On Demand Webinars
Counsellors presenting on popular topics such as:
- Exam Stress
- Brain Management
- Optimising Focus and Attention
- Overcoming Procrastination

Ask Counselling
Ask a question online or browse questions other students have asked.

Self-Help Resources
services.unimelb.edu.au/counsel
Explore online interactive programs, audio files, information and other resources.

International Student Workshops
Register online – services.unimelb.edu.au/counsel
Supporting international students to build social connections in their new environment. Join us across the semester to share your experiences and meet others.

Developing Roots As An International Student
Thu 22nd February, 1:30-4:30pm
Settling In Socially As An International Student
Thu 5th April, 2-3:30pm
Thu 10th May, 4:30-6pm