

**TUE Tuesday Workshops**

Learn strategies to enhance your learning and relationships. No registration required.

**Special Interest Workshops**

Connect and learn with others in our diverse community.

**Wellbeing Programs**

Gain knowledge and learn skills to build resilience, and better manage stress and anxiety.

**Mental Health First Aid Training**

Learn to assist others with mental health problems.

**International Student Programs**

Supporting international students to build social connections in their new environment.

**Webinars and Online Resources**

Access online resources, self-help programs, and webinars to improve your mental health and wellbeing.

**Online registration required**

Visit the Counselling & Psychological Services (CAPS) website for more information.  
[services.unimelb.edu.au/counsel](http://services.unimelb.edu.au/counsel)

**TUE Tuesday Workshops**

1-2pm  
Stop 1, Level 1, Room 109

**Creating Social Connections**

**TUE 17 MAR** Feel more confident and connected in social situations.

**Assertive Communication**

**TUE 24 MAR** Learn to express yourself more clearly and confidently.

**Optimising Focus and Attention**

**TUE 31 MAR** Train your attention, build concentration, remain calm and focused under pressure.

**Overcoming Procrastination**

**TUE 21 APR** Explore ways to stay on track and get things done.

**Resilience and Wellbeing**

**TUE 28 APR** Build resilience, manage stress, and live a happier, more meaningful life.

**Special Interest Workshops**

**Studying on the Spectrum**

1-2pm

**TUE 7 APR** How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

**Coming Out of Your Cultural Zone**

**Details Online** Struggling with sexuality or questioning gender identity from a different cultural perspective? Join a safe space for discussion, ideas and support.

**Wellbeing Programs**

**Break Free From Anxiety**

Full-day, Monthly

**Details Online** Develop and practise psychological skills to better manage stress and anxiety.

**Mid-week Mindfulness**

Every Wednesday (Week 2 - 9) 1.15-2pm, Baillieu Library, Leigh Scott Room

**WED 11 MAR to 6 MAY** Learn about mindfulness through brief guided exercises. No registration needed – just drop in!

**Mindfulness for Stress Management for Graduate Researchers**

6x 1-hr weekly sessions

**Details Online** Group program to develop a regular mindfulness practice to better manage stress. This program requires attendance of all 6 sessions and daily practice of 20 mins/day.

**Mental Health First Aid Training**

**Mental Health First Aid (MHFA) Training**

Learn to recognise and assist someone developing a mental health problem or in crisis.

**Details online** Blended MHFA for Tertiary Students Complete the eLearning modules then come along to one of our monthly half-day sessions.

**International Student Programs**

**Connecting and Thriving as an International Student**

3-5pm

**WED 29 APR** There can be many changes and challenges to navigate as an international student, even if you've been living in Australia for some time! Reflect on your experience as an international student, connect with others, and gain support from each other to enrich your uni experience.

**CAPS and UMSU International Student Workshops**

**Details online** In partnership with UMSU International, learn more about wellbeing and adjustment as an international student.

**CAPS and GSA Graduate International Students Program**

**Details online** Connect, share, and learn about wellbeing as a graduate international student in this 6-session program.

**Webinars and Online Resources**

**Social Anxiety Program**

1-2pm

**FRI 24 APR** Three-week online program to help you understand social anxiety and strategies to overcome it.

**01 MAY**

**08 MAY**

**Self-Help Resources**

On the CAPS website, explore online mental health resources including recommended mental health information, self-help programs, apps, and guided exercises.

Questions or need more information?

[services.unimelb.edu.au/counsel](http://services.unimelb.edu.au/counsel)

Call us at 03 8344 6927

