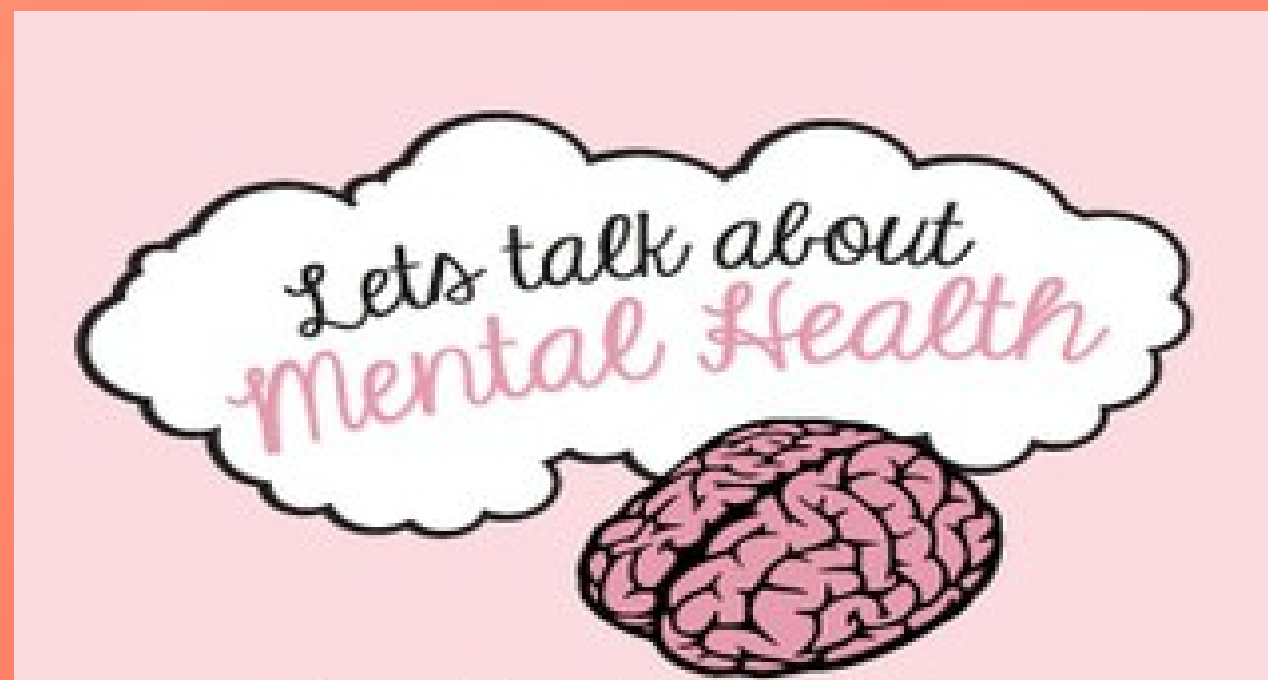


"The Learning Series"

Presented by the Student Learning Centre and the Student Counselling Service



- 13TH JANUARY: LEARNING ABOUT STRESS**
- 27TH JANUARY: LEARNING ABOUT MINDFULNESS**
- 10TH FEBRUARY: LEARNING ABOUT ANXIETY**
- 24TH FEBRUARY: LEARNING ABOUT OCD**
- 9TH MARCH: LEARNING ABOUT DEPRESSION**
- 23RD MARCH: LEARNING ABOUT CHRONIC PAIN**
- 20TH APRIL: LEARNING ABOUT SOCIAL ANXIETY**
- 27TH APRIL: LEARNING ABOUT EXAM STRESS**

Welcoming all Staff & Students

Time: 1:10-1:40pm

Location: C002, Carriglea Building

PLEASE EMAIL LEARNINGDEVELOPMENT@IADT.IE OR STUDENTCOUNSELLING@IADT.IE WITH ANY QUERIES