Free Groups and Workshops for Students
Semester 1 2021

**Groups**

**ACTion for ADHD**
Tuesdays 12.30 - 3.00pm  
23 March to 25 May

**ADHD 101 Support Group**
Mondays 1.30 – 3.30pm  
8 March to 31 May
**ADHD 102 Support Group**
Thursdays 3.00 – 5.00pm  
18 March to 3 June

**Anxiety Skills Group (ASG-8)**
*Information Session* Tuesday 10.00 – 10.30am  
30 March  
*Then*
Tuesdays 10.00 – 11.30am  
13 April to 1 June

**Brief Anxiety Skills Group (ASG-3)**
Thursdays 1.00 – 2.00pm  
18 March to 1 April  
*OR*
Fridays 10.00 – 11.00am  
16 to 30 April  
*OR*
Mondays 11.00am – 12noon  
10 to 24 May

**International Students Support Group**
*Information Session* Thursday 10.00 - 10.30pm  
18 March  
*Then*
Thursdays 10.00 – 11.30am  
1 April to 20 May

**Rethinking Stress**
Dates and Times TBC

**Groups**

**Mindfulness-Based Treatment for Depression and Anxiety**
Mondays 10.00am – 12.30pm  
15 March to 24 May
**Mindfulness-Based Treatment for Depression and Anxiety Online**
Tuesdays 10.00am – 12.30pm  
16 March to 25 May

**Self Compassion Group**
Thursdays 10.00 – 12.30pm  
18 March to 3 June

**Workshops**

**Preparing for Placement**
Date and Time TBC

**Guided Meditation Sessions**
(No registration necessary)
**Lunchtime Meditation**
Tuesdays 12.00 – 12.30pm  
**Lunchtime Meditation Online**
Mon, Tue, Wed, Thurs, Fri 12.30 – 1.00pm  
[https://www.crowdcast.io/e/lunch-time-meditation](https://www.crowdcast.io/e/lunch-time-meditation)

For more information and to register:  

Telephone: **9266 7850**  
Email: **counselling@curtin.edu.au**

All groups, workshops and meditation sessions are held at  
Level 2, Building 109, Perth City campus unless specified as being in online format.