

What's on *for your* mental health and well-being?

2014/15 Academic Year

This is a calendar of events taking place over **Semester 2** organised by the Institute of Academic Development for undergraduates (IAD), The Centre for Sport and Exercise (CSE), The Chaplaincy, The International Student Centre (ISC) the Student Counselling Service (SCS) and Edinburgh University Student Association (EUSA).

Some events focus on the academic aspects of University life such as essay writing and exam preparation. Others offer the opportunity to learn about steps you can take to help with common difficulties like 'being stuck' or 'low confidence.' There are drop ins, workshops and courses to teach you skills you can apply more widely like Mindfulness and Tai chi as well as social opportunities for international students and for everyone facing exams pet 'therapy'.

Do look up the web links on page 11 to confirm workshop times and follow booking instructions. This calendar does not cover everything and if you are involved in activities over the academic year you would like added to next year's calendar send an email to: Jacquie.Nicholson@ed.ac.uk in the Student Disability Service.

January Mon	Tues	Wed	Thu	Fri
<p>12th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 1200-16.00 22b Buccleuch Place</p>	<p>13th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 1200-18.00 22b Buccleuch Place</p>	<p>14th Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 Salle CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p>	<p>15th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>Curry lunch from Punjabi Junction 12.30-1330 Chaplaincy Centre, Bristo Square (donation)</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p>	<p>16th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>19th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>Fair Trade Soup 1300-14.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p>	<p>20th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 1200-18.00 22b Buccleuch Place</p>	<p>21st Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p>	<p>22nd Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Capacitar Tai Chi 13.10 – 13.40</p>	<p>23rd Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo</p>

		<p>IAD UG Workshop 15.30-17.00 Essay writing LG.09 David Hume Tower Central Area (IAD website for further information booking essential)</p>	<p>The Sanctuary, Chaplaincy Centre, Bristo Square</p>	<p>Square</p>
<p>26th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p> <p>SCS Feel the Fear and do it Anyway: Anxiety Management 16.00-17.00 room 3.16 Main library, George Square</p>	<p>27th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 1200-18.00 22b Buccleuch Place</p> <p>IAD UG Workshop Confident Presentations 17.00- 18.30 Central area details tbc (IAD website for further information booking essential)</p> <p>SCS Taking the Panic out of Presentations 16.00-17.00 room 3.16 Main library, George Square</p>	<p>28th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance (Salle room)</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>IAD UG Workshop Getting ahead with dissertations 13.30-15.00 Lecture Theatre 5, IAD, 7 Bristo Square Central Area (IAD website for further information booking essential)</p>	<p>29th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>Curry lunch from Punjabi Junction 12.30-1.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p> <p>SCS Mind the (Confidence) Gap: Introduction 16.00-17.00 ROOM 3.16 Main library, George Square</p>	<p>30th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square</p> <p>SCS Under Pressure 16.00-17.00 Mail library, George Square</p>

February Mon	Tues	Wed	Thu	Fri
<p>2nd</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p>	<p>3rd</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 1200-18.00 22b Buccleuch Place</p> <p>IAD UG Workshop Getting Ahead with Dissertations 17.15-18.30 Lecture Theatre 5, IAD, 7 Bristo Square Central Area (IAD website for further information booking essential)</p>	<p>4th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00am The Pleasance Salle room CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>IAD UG Workshop How to Read and Write Critically 15.30 – 17.00 Lecture Theatre 5, IAD, 7 Bristo Square Central Area (IAD website for further information booking essential)</p>	<p>5th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>Curry lunch from Punjabi Junction 12.30-1.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>International Student Centre Lounge open 12.00-16.00pm 22b Buccleuch Place</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p>	<p>6th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>9th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00</p>	<p>10th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b</p>	<p>11th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>	<p>12th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>Curry lunch from Punjabi</p>	<p>13th</p> <p>Chaplaincy Drop In 930-16.00pm Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold</p>

<p>Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p> <p>SCS It Takes Time to Make Time 16.00-17.00 room 3.16 Main library, George Square</p>	<p>Buccleuch Place</p> <p>SCS The Feel good Factor: Managing Mood 16.00-17.00 room 3.16 Main library, George Square</p>	<p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle room</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>IAD UG Workshop Critical Thinking at Honours level 13.30-15.00 Lecture Theatre 1, IAD, 7 Bristo Square Central Area (IAD website for further info booking essential)</p> <p>SCS I'll Start Tomorrow 16.00-17.00 room 3.16 Main library, George Square</p>	<p>Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p> <p>SCS Mind the (Confidence) Gap: Self-esteem room 3.16 16.00-17.00 Main library, George Square</p>	<p>10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>16th Innovative learning week</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre</p>	<p>17th Innovative learning week</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p>	<p>18th Innovative learning week</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle</p>	<p>19th Innovative learning week</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p>	<p>20th Innovative learning week</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre</p>

<p>Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p>		<p>room CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p>	<p>Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p>	<p>Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>23rd</p> <p>Chaplaincy Drop In 9.30-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p> <p>SCS Nobody's Perfect: When Your Best is Good Enough 16.00-17.00 room 3.16 Main library, George Square</p>	<p>24th</p> <p>Chaplaincy Drop In 9.30-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p> <p>Stress Control Class week 1: 18.30-20.00 50 George Square Ground Lecture Theatre (Booking required at contactus@health-in-mind.org.uk)</p> <p>SCS Taking the Panic Out of Presentations 16.00-17.00 room 3.16 Main library, George Square</p>	<p>25th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 9.30-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle room CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>SCS 'I'll Start Tomorrow...' 16.00-17.00 room 3.16 Main library, George Square</p>	<p>26th</p> <p>Chaplaincy Drop In 9.30-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Curry lunch from Punjabi Junction 12.30-1.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p> <p>SCS Mind the (Confidence) Gap: Assertiveness 16.00-17.00 room 3.16 Main library, George Square</p>	<p>27th</p> <p>Chaplaincy Drop In 9.30-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square</p>

Note: Correct at time of publication but changes may take place, check details and further information at website links page 11

March Mon	Tues	Wed	Thu	Fri
<p>2nd</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p>	<p>3rd</p> <p>Chaplaincy Drop In 930-1600 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p> <p>Stress Control Class week 2: 18.30-20.00 50 George Square Ground Lecture Theatre (Booking required at contactus@health-in-mind.org.uk)</p>	<p>4th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop in 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle room CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p>	<p>5th</p> <p>Chaplaincy Drop in 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>Capacitar Tai Chi 13.10–13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p>	<p>6th</p> <p>Chaplaincy Drop in 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>9th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>	<p>10th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>	<p>11th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p>	<p>12th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>	<p>13th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>

<p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Settling in events 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p> <p>SCS It Takes Time to Make Time 16.00-17.00 room 3.16 Main library, George Square</p>	<p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p> <p>Stress Control Class week 3: 18.30-20.00 50 George Square Ground Lecture Theatre (Booking required at contactus@health-in-mind.org.uk)</p> <p>SCS The Feel-good Factor: Managing Mood 16.00-17.00 room 3.16 Main library, George Square</p>	<p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle room CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>SCS 'I'll Start Tomorrow...' 16.00-17.00 room 3.16 Main library, George Square</p>	<p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p> <p>SCS Under Pressure 16.00- 17.00 room 3.16 Main library, George Square</p>	<p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10- 13.50 The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>16th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-</p>	<p>17th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p> <p>Stress Control Class week 4: 18.30-20.00 50 George Square Ground Lecture Theatre (Booking required at</p>	<p>18th</p> <p>Mindfulness Practice 08.00- 08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle room CSE</p> <p>International Student Centre</p>	<p>19th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo</p>	<p>20th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-</p>

<p>12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p>	<p>contactus@health-in-mind.org.uk)</p>	<p>Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>IAD UG Workshop Essay Questions 13:30 - 15:00 Lecture Theatre 1, 7 Bristo Square Central Area (IAD website for further information booking essential)</p>	<p>Square (donation)</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p>	<p>13.50 The Sanctuary, Chaplaincy Centre, Bristo Square</p>
<p>23rd</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Fitness Gold 10.00-11.00 Studio CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p> <p>Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square</p>	<p>24th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p> <p>SCS Taking the Panic Out of Presentations 16.00-17.00 room 3.16 Main library, George Square</p> <p>IAD UG Workshop Multiple Choice Questions 17.15 – 18.30 LG.10 David Hume Tower Central Area (IAD website for further information booking essential)</p>	<p>25th</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Yoga Gold 10.00-11.00 The Pleasance Salle room CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p>	<p>26th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation)</p> <p>Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square</p> <p>SCS Under Pressure 16.00-17.00 room 3.16 Main library,</p>	<p>27th</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>CSE Circuit Gold 10.00-11.00 Circuit Gym CSE</p> <p>International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place</p> <p>Mindfulness Practice 13.10-13.50 The Sanctuary, Chaplaincy Centre, Bristo Square</p>

SCS Nobody's Perfect: When Your Best is Good Enough 16.00-17.00 room 3.16 Main library, George Square	Stress Control Class week 5: 18.30-20.00 50 George Square Ground Lecture Theatre (Booking required at contactus@health-in-mind.org.uk)	SCS Feel the Fear and Do it Anyway: Anxiety Management 16.00-17.00 room 3.16 Main library, George Square	George Square	
---	---	--	---------------	--

Note: Correct at time of publication but changes may take place, check details and further information at website links page 11

April Mon	Tues	Wed	Thu	Fri
30th Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square CSE Fitness Gold 10.00-11.00 Studio CSE International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square	31st Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place IAD UG Workshop Short Answer Questions 17.15 – 18.30 G.02, 50 George Square Central Area (IAD website for further information booking essential) Stress Control Class week 6: 18.30-20.00 50 George Square Ground Lecture Theatre (Booking required at contactus@health-in-mind.org.uk)	1st Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square CSE Yoga Gold 10.00-11.00 The Pleasance Salle room CSE International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4 SCS Exam Success 16.00-17.00 room 3.16 Main library, George Square	2nd Chaplaincy Drop In 930-6.00 Chaplaincy Centre, Bristo Square Curry lunch from Punjabi Junction 12.30-13.30 Chaplaincy Centre, Bristo Square (donation) Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place	3rd Chaplaincy Drop In 930-6.00 Chaplaincy Centre, Bristo Square CSE Circuit Gold 10.00-11.00 Circuit Gym CSE International Student Centre Lounge open 12.00-16.00 22b Buccleuch Place

<p>6th Spring vacation</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>	<p>7th Spring Vacation</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00 22b Buccleuch Place</p>	<p>8th Spring vacation</p> <p>Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square</p>	<p>9th Spring vacation</p>	<p>10th Spring Vacation</p>
<p>13th Spring vacation</p>	<p>14th Spring vacation</p> <p>Chaplaincy Drop In 930-16.00pm Chaplaincy Centre, Bristo Square</p> <p>International Student Centre Lounge open 12.00-18.00pm 22b Buccleuch Place</p>	<p>15th Spring vacation</p> <p>Chaplaincy Drop In 930-16.00pm Chaplaincy Centre, Bristo Square</p>	<p>16th Spring vacation</p>	<p>17th Spring vacation</p>
<p>20th Revision week</p> <p>Mindfulness Practice 12.15-12.45 4 Chancellors Building, Little France</p>	<p>21st Revision week</p>	<p>22nd Revision week</p> <p>Mindfulness Practice 08.00-08.30 room 1.28 Easter Bush</p> <p>Mindfulness Practice 1.10-1.40 room G15 Medical School Doorway 4</p> <p>SCS Exam Success 16.00-17.00</p>	<p>23rd Revision week</p>	<p>24th Revision week</p> <p>EUSA Paws against Stress 13.00-16.00 Teviot House (tickets required available from EUSA)</p>

		room 3.16 Main library, George Square		
27 th Exams	28 th Exams	29 th Exams EUSA Paws against Stress 13.00-16.00 Teviot House (tickets required available from EUSA) SCS Exam Success 16.00-17.00 room 3.16 Main library, George Square	30 th Exams	

Note: Correct at time of publication but changes may take place, check details and further information at website links below::

(ISC) The International Student Centre <http://www.ed.ac.uk/studying/international/student-life/isc>

(IAD) Institute for Academic Development <http://www.ed.ac.uk/schools-departments/institute-academic-development/undergraduate/courses/study-skills>

Chaplaincy: <http://www.ed.ac.uk/schools-departments/chaplaincy/events/prayer-meditation>

(CSE) Centre for Sport and Exercise: <http://www.ed.ac.uk/schools-departments/sport-exercise/sports-centre/classes-workshops/about-classes/relaxation>

(SCS) Student Counselling Service: <http://www.ed.ac.uk/schools-departments/student-counselling/services/presentation-workshop>

(EUSA) Edinburgh University Student Association <http://www.eusa.ed.ac.uk/>