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: <u>Jacquie.Nicholson@ed.ac.uk</u> in the Student Disability Service.

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

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

	Tues	Wed	Thu	Fri
February Mon 2nd	3rd	4th	5th	6th
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 Fair Trade Soup 13.00-14.00 Chaplaincy Centre, Bristo Square	Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square International Student Centre Lounge open 1200-18.00 22b Buccleuch Place 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)	 Attn Mindfulness Practice 08.00- 08.30 room 1.28 Easter Bush Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square CSE Yoga Gold 10.00-11.00am 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 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) 	Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square Curry lunch from Punjabi Junction 12.30-1.30 Chaplaincy Centre, Bristo Square (donation) International Student Centre Lounge open 12.00-16.00pm 22b Buccleuch Place Capacitar Tai Chi 13.10 – 13.40 The Sanctuary, Chaplaincy Centre, Bristo Square	Chaplaincy Drop In 930-16.00 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 Mindfulness Practice 13.10- 13.50 in The Sanctuary, Chaplaincy Centre, Bristo Square
9th	10th	11th	12th	13th
Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo	Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square	MindfulnessPractice08.00-08.30 room1.28 Easter Bush	Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo	Chaplaincy Drop In 930- 16.00pm Chaplaincy Centre, Britto Square
Square CSE Fitness Gold 10.00-11.00	International Student Centre Lounge open 12.00-18.00 22b	Chaplaincy Drop In 930-16.00 Chaplaincy Centre, Bristo Square	Square Curry lunch from Punjabi	Bristo Square CSE Circuit Gold

Studio CSE	Buccleuch Place		Junction 12.30-13.30	10.00-11.00 Circuit Gym CSE
Studio CSE	Buccleuch Place			10.00-11.00 Circuit Gyin CSE
International Student Centre	CCC The Feel good Festers	CSE Yoga Gold 10.00-11.00 The Pleasance Salle	Chaplaincy Centre, Bristo	International Student Centre
	SCS The Feel good Factor:		Square (donation)	
Lounge open 12.00-16.00 22b	Managing Mood 16.00-17.00	room		Lounge open 12.00-16.00 22b
Buccleuch Place	room 3.16 Main library, George		International Student Centre	Buccleuch Place
	Square	International Student Centre	Lounge open 12.00-16.00 22b	
Mindfulness Practice 12.15-		Lounge open 12.00-16.00 22b	Buccleuch Place	Mindfulness Practice 13.10-
12.45 4 Chancellors Building,		Buccleuch Place		13.50 in The Sanctuary,
Little France		··· ·· · · · · · · · · · · · · · · · ·	Capacitar Tai Chi 13.10 – 13.40	Chaplaincy Centre, Bristo
		Mindfulness Practice 1.10-1.40	The Sanctuary, Chaplaincy	Square
Fair Trade Soup 13.00-14.00		room G15 Medical School	Centre, Bristo Square	
Chaplaincy Centre, Bristo		Doorway 4		
Square			SCS Mind the (Confidence)	
		IAD UG Workshop Critical	Gap: Self-esteem room 3.16	
SCS It Takes Time to Make		Thinking at Honours level	16.00-17.00 Main library,	
Time 16.00-17.00 room 3.16		13.30-15.00 Lecture Theatre 1,	George Square	
Main library, George Square		IAD, 7 Bristo Square Central		
		Area (IAD website for further		
		info booking essential)		
		SCS I'll Start Tomorrow 16.00-		
		17.00 room 3.16 Main library,		
104	17th	George Square 18 th	19 th	20 th
16th				
Innovative learning week	Innovative learning week	Innovative learning week	Innovative learning week	Innovative learning week
Chaplaincy Drop In 930-16.00	Chaplaincy Drop In 930-16.00	Mindfulness Practice 08.00-	Chaplaincy Drop In 930-16.00	Chaplaincy Drop In 930-16.00
Chaplaincy Centre, Bristo	Chaplaincy Centre, Bristo Square	08.30 room 1.28 Easter Bush	Chaplaincy Centre, Bristo	Chaplaincy Centre, Bristo
Square	· · · · ·		Square	Square
	International Student Centre	Chaplaincy Drop In 930-16.00		
CSE Fitness Gold 10.00-11.00	Lounge open 12.00-18.00 22b	Chaplaincy Centre, Bristo Square	International Student Centre	CSE Circuit Gold
Studio CSE	Buccleuch Place		Lounge open 12.00-16.00 22b	10.00-11.00 Circuit Gym CSE
		CSE Yoga Gold	Buccleuch Place	,
International Student Centre		10.00-11.00 The Pleasance Salle		International Student Centre

Lounge open 12.00-16.00 22b Buccleuch Place		room CSE	Curry lunch from Punjabi Junction 12.30-13.30	Lounge open 12.00-16.00 22b Buccleuch Place
Buccleuch Hace		International Student Centre	Chaplaincy Centre, Bristo	Buccleden Hace
Mindfulness Practice 12.15-		Lounge open 12.00-16.00 22b	Square (donation)	Mindfulness Practice 13.10-
12.45 4 Chancellors Building,		Buccleuch Place	square (achalon)	13.50 in The Sanctuary,
Little France		Buccleach Flace	Capacitar Tai Chi 13.10 – 13.40	Chaplaincy Centre, Bristo
		Mindfulness Practice 1.10-1.40	The Sanctuary, Chaplaincy	Square
Fair Trade Soup 13.00-14.00		room G15 Medical School	Centre, Bristo Square	- 1
Chaplaincy Centre, Bristo		Doorway 4		
Square				
23rd	24th	25th	26th	27th
Chaplaincy Drop In 930-16.00	Chaplaincy Drop In 930-16.00	Mindfulness Practice 08.00-	Chaplaincy Drop In 930-16.00	Chaplaincy Drop In 930-16.00
Chaplaincy Centre, Bristo	Chaplaincy Centre, Bristo Square	08.30 room 1.28 Easter Bush	Chaplaincy Centre, Bristo	Chaplaincy Centre, Bristo
Square			Square	Square
	International Student Centre	Chaplaincy Drop In 930-16.00		
CSE Fitness Gold 10.00-11.00	Lounge open 12.00-18.00 22b	Chaplaincy Centre, Bristo Square	International Student Centre	CSE Circuit Gold
Studio CSE	Buccleuch Place		Lounge open 12.00-16.00 22b	10.00-11.00 Circuit Gym CSE
		CSE Yoga Gold	Buccleuch Place	
International Student Centre	Stress Control Class week 1:	10.00-11.00 The Pleasance		International Student Centre
Lounge open 12.00-16.00 22b	18.30-20.00 50 George Square	Salle room CSE	Curry lunch from Punjabi	Lounge open 12.00-16.00 22b
Buccleuch Place	Ground Lecture Theatre (Booking		Junction 12.30-1.30 Chaplaincy	Buccleuch Place
	required at contactus@health-	International Student Centre	Centre, Bristo Square	
Mindfulness Practice 12.15-	<u>in-mind.org.uk</u>)	Lounge open 12.00-16.00 22b	(donation)	Mindfulness Practice 13.10-
12.45 4 Chancellors Building,		Buccleuch Place		13.50 in The Sanctuary,
Little France			Capacitar Tai Chi 13.10 – 13.40	Chaplaincy Centre, Bristo
	SCS Taking the Panic Out of	Mindfulness Practice 1.10-1.40	The Sanctuary, Chaplaincy	Square
Fair Trade Soup 13.00-14.00	Presentations 16.00-17.00 room	room G15 Medical School	Centre, Bristo Square	
Chaplaincy Centre, Bristo	3.16 Main library, George Square	Doorway 4	CCC Mind the (Confidence)	
Square		SCS 'I'll Start Tomorrow'	SCS Mind the (Confidence)	
SCS Nobody's Porfacts When		16.00-17.00 room 3.16 Main	Gap: Assertiveness 16.00-17.00 room 3.16 Main library, George	
SCS Nobody's Perfect: When			,, , , , , , , , , , , , , , , , , , ,	
Your Best is Good Enough 16.00-17.00 room 3.16 Main		library, George Square	Square	
library, George Square			1	

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

		Chaplaincy Drop In 930-16.00		
CSE Fitness Gold 10.00-11.00	International Student Centre	Chaplaincy Centre, Bristo	International Student Centre	CSE Circuit Gold
Studio CSE	Lounge open 12.00-18.00 22b	Square	Lounge open 12.00-16.00 22b	10.00-11.00 Circuit Gym CSE
	Buccleuch Place		Buccleuch Place	
International Student Centre		CSE Yoga Gold	200000000000000000000000000000000000000	International Student Centre
Settling in events 12.00-16.00	Stress Control Class week 3:	10.00-11.00 The Pleasance	Curry lunch from Punjabi	Lounge open 12.00-16.00 22b
22b Buccleuch Place	18.30-20.00 50 George Square	Salle room CSE	Junction 12.30-13.30	Buccleuch Place
	Ground Lecture Theatre		Chaplaincy Centre, Bristo	
Mindfulness Practice 12.15-	(Booking required at	International Student Centre	Square (donation)	Mindfulness Practice13.10-
12.45 4 Chancellors Building,	contactus@health-in-	Lounge open 12.00-16.00 22b		13.50 The Sanctuary,
Little France	<u>mind.org.uk</u>)	Buccleuch Place	Capacitar Tai Chi 13.10 – 13.40	Chaplaincy Centre, Bristo
			The Sanctuary, Chaplaincy	Square
Fair Trade Soup 13.00-14.00	SCS The Feel-good Factor:	Mindfulness Practice 1.10-1.40	Centre, Bristo Square	
Chaplaincy Centre, Bristo	Managing Mood 16.00-17.00	room G15 Medical School		
Square	room 3.16 Main library, George	Doorway 4	SCS Under Pressure 16.00-	
	Square		17.00 room 3.16 Main library,	
SCS It Takes Time to Make		SCS 'I'll Start Tomorrow'	George Square	
Time 16.00-17.00 room 3.16		16.00-17.00 room 3.16 Main		
Main library, George Square		library, George Square		
16th	17th	18th	19th	20th
Chaplaincy Drop In 930-16.00	Chaplaincy Drop In 930-16.00	Mindfulness Practice 08.00-	Chaplaincy Drop In 930-16.00	Chaplaincy Drop In 930-16.00
Chaplaincy Centre, Bristo	Chaplaincy Centre, Bristo	08.30 room 1.28 Easter Bush	Chaplaincy Centre, Bristo	Chaplaincy Centre, Bristo
Square	Square		Square	Square
		Chaplaincy Drop In 930-16.00		
CSE Fitness Gold 10.00-11.00	International Student Centre	Chaplaincy Centre, Bristo		CSE Circuit Gold
Studio CSE	Lounge open 12.00-18.00 22b	Square	International Student Centre	10.00-11.00 Circuit Gym CSE
	Buccleuch Place		Lounge open 12.00-16.00 22b	
International Student Centre		CSE Yoga Gold	Buccleuch Place	International Student Centre
Lounge open 12.00-16.00 22b	Stress Control Class week 4:	10.00-11.00 The Pleasance		Lounge open 12.00-16.00 22b
Buccleuch Place	18.30-20.00 50 George Square	Salle room CSE	Curry lunch from Punjabi	Buccleuch Place
	Ground Lecture Theatre		Junction 12.30-13.30	
Mindfulness Practice 12.15-	(Booking required at	International Student Centre	Chaplaincy Centre, Bristo	Mindfulness Practice 13.10-

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

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

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

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

		room 3.16 Main library, George Square		
27 th	28 th	29 th	30 th	
Exams	Exams	Exams	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		

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/