

Groups and Workshops Timetable Trinity Term 2025

W/C	Week no.	Day	Time (from/to)	Group/Workshop name	One-off or week number group will run (e.g. 0-4)	Mode (In-person /online)
21-Apr	0	Thu	5.15pm-6.45pm	DPhil Therapy Group	Weeks 0-9 inclusive	In-person
		Fri	3.00pm-4.30pm	Tea and Talk	Weeks 0-9 inclusive	In-person
28-Apr	1	Mon	3.30pm-4.30pm	Courage to Connect	Weeks 1-8 inclusive	In-person
		Tue	2.00pm-3.30pm	Survivor Support Group	Weeks 1-8 inclusive	In-person
		Tue	3.30pm-5.00pm	Exam Anxiety Workshop	One-off	In-person
		Thu	11.45am-12.45pm	Ending at Oxford Workshop	One-off	In-person
		Thu	3.15pm-4.15pm	Healing from Childhood Trauma Group	Weeks 1-8 inclusive	In-person
		Thu	6.00pm-7.30pm	Undergraduate Group	Weeks 1-8 inclusive	In-person
		Fri	10.00am-11.30am	Social Anxiety – Reclaiming your life	Weeks 1-6 inclusive	In-person
		Fri	1.45pm-3.15pm	Can't Work Workshop	One-off	In-person
		Fri	3.00pm-4.15pm	Low Mood Group (continued from HT25)	Weeks 6-8 HT & 1-3 TT	In-person
5-May	2	Mon	2.30pm-4.00pm	Mindfulness Group	Weeks 2-7 inclusive	In-person
		Tue	5.30pm-7.30pm	Anxiety Group	Weeks 2 and 4	In-person
		Wed	1.00pm-2.30pm	Forest Bathing	One-off	In-person
		Wed	5.15pm-6.30pm	Bereavement Support Group	Weeks 2, 4, 6, 8	In-person
		Wed	5.30pm-7.00pm	Neurodiversity Group	Weeks 2-8 inclusive	In-person
		Fri	2.30pm-3.30pm	Managing Sleep and Insomnia Workshop	One-off	In-person
12-May	3	Wed	5.00pm-6.30pm	Students of Colour Workshop: Looking Back, Moving Forward; The Year in Reflection	One-off	Online
		Thu	11.45am-12.45pm	DPhil Workshop 2: Getting on: Managing professional relationships (supervisors, lab, peers), preparing for transfer of status, and dealing with DPhil crises along the way	One-off	In-person
		Fri	1.45pm-3.15pm	Can't Work Workshop	One-off	In-person

19-May	4	Wed	10.30am-11.30am	Managing Trauma Symptoms Workshop	One-off	Online
		Wed	5.15pm-6.15pm	Relaxation Workshop	One-off	Online
		Thu	10.00am-11.30am	Self-Compassion Group	Weeks 4-8 inclusive	Online
		Thu	3.30pm-5.00pm	Perfectionism – understanding it and strategies to manage it	One-off	In-person
		Fri	2.30pm-3.30pm	Managing Panic Workshop	One-off	In-person
		Fri	3.00pm-4.15pm	Low Mood Group	Weeks 4-8 inclusive	In-person
26-May	5	Wed	5.30pm-7.00pm	Students of Colour Group	Weeks 5-8 inclusive	Online
		Thu	11.45am-12.45pm	Ending at Oxford Workshop	One-off	In-person
		Fri	1.45pm-3.15pm	Can't Work Workshop	One-off	In-person
2-Jun	6	Mon	9.30am-11.00am	Navigating Persistent Pain and Illness Workshop	Two Part Workshop, with Follow-up Mon 9.30am-11.00am Week 8	Online
		Wed	2.30pm-4.00pm	Introduction to Mindfulness	One-off	In-person
9-Jun	7	Thu	11.45am-12.45pm	DPhil Workshop 3 - Getting finished: preparing for submission, your viva, and life after the DPhil	One-off	In-person
16-Jun	8	Wed	1.00pm-2.30pm	Forest Bathing	One-off	In-person

Please see website www.ox.ac.uk/students/welfare/counselling/group for further details.