

SOOTHE SOCIALS

SHARING SKILLS, LOVE AND EXPERIENCES
TO GIVE YOU THE SKILLS TO REDUCE OR REMOVE STRESS
AND ANXIETY FROM YOUR LIFE.

Get involved in these free to access sessions providing some common tools, skills and knowledge that will then be made real by participation, connection and reflection with others.

We are visiting a number of Oxford University and non-University locations in the coming months, starting with:

22 NOVEMBER

University Club, Mansfield Road, OX1 3SZ
(sessions at 10-11.30 and 1.30-3)

23 NOVEMBER

Institute of Developmental and Regenerative
Medicine, Old Road Campus, OX3 7TY
(sessions at 11.30-1 and 2.30-4)

6 FEBRUARY 2024

Venue TBC

7 FEBRUARY 2024

Venue TBC

Book sessions
here:



open door

UNIVERSITY OF
OXFORD

