

# Starting Point of Wellbeing



Drop-in-service  
for support on  
well-being and  
study-skills

# Starting Point of Wellbeing

- You can drop-in without an appointment and get guidance on matters related to your well-being and study-skills
- In addition, we provide e.g. co-studying in Zoom, mindfulness and other events!
- <https://into.aalto.fi/display/enopisk/Starting+Point+of+Wellbeing>

Monday	Tuesday	Wednesday	Thursday	Friday
10 - 11.30 Theses&Tomatoes			9 - 11 SPW goes Co-Studying	
10 - 12 Aalto psychologists	10 - 12 Aalto psychologists	10 - 12 Aalto psychologists  10 - 12 FSHS (not 8.9)	10 - 12 Aalto psychologists	10 - 12 Aalto psychologists
13 - 15 Guidance counsellors	13 - 15 Guidance counsellors	13 - 15 Guidance counsellors  13 - 15 UniSport  13 - 15 SPW goes Co- Studying	13 - 15 Aalto chaplains	13 - 15 Guidance counsellors

