



Hey everyone

Welcome back to Semester 2!

I want to remind you about all the ways you can engage with MTU Cork initiatives to be active, create connections and look after your emotional wellbeing.

Please feel free to share this email or information with your class mates



Pool & Board game - Games night Monday 6:30pm-10pm on Discord

Anime – EGM & screening of "BNA" Wednesday at 6:30pm on Discord

Dance - Contemporary Dance class Wednesday at 7.30pm on Zoom

Indian - "Chai & Chats" Thursday at 6pm on Zoom

Enactus – EGM Thursday at 6pm on Zoom

WiSTEM & Pool & Board game - Games night Thursday 7pm on Discord

Glór - Online rehearsal Thursday at 6.30pm on Zoom

Sci-Fi - Games Night Friday at 6pm on Discord

Comedy - Games Night Friday at 6pm on Discord



What is all this talk about Discord?

Discord is an online community space where you can interact with other society members. Only society members have access to this space and the benefit is that you can reach out to other students with similar interests 24/7.

Many societies are using their Discord server as the base for all communications and activities. They welcome new members. Discord is free and easy for new members to register.

Once you register on Discord, DM the society for their discord link or sign up to the Society Online <https://societies.cit.ie/sign-up-to-societies>

The discord link is only shared directly with current full time students to ensure security is maintained.

So come on, give it a try! It might just surprise you.

	MON	TUES	WED	THURS	FRIDAY
LUNCH 1-2PM	BOOTCAMP WITH NATHALIE	PILATES WITH YVONNE	YOGA WITH SARAH	YOGA & STRENGTH WITH SARAH	ZUMBA WITH LINDA

All Fitness Classes are **FREE** of charge so we would love for you to join us.

How do I sign up for a class?

Email gym@cit.ie with the following

Name, Staff/Student number & what class(es) you wish to join.
You then will be send a link to join the class :)

QUERIES

EMAIL – gym@cit.ie

Find us on Facebook & Instagram

DO SOMETHING FOR YOU TODAY

30 MINUTES OF MOVEMENT

IF NOT FOR THE BODY, FOR THE MIND

CLEAR THE HEAD & JUST TAKE OFF

YOU WON'T REGRET IT



SOCIETIES

Beginners welcome
Live weekly classes

FREE YOGA AND MEDITATION CLASSES FOR MTU STUDENTS

[HTTP://EVENTS.CIT.IE](http://EVENTS.CIT.IE)



Yoga - [Online Class Tuesday at 7-8pm](#)

Yoga Crawford & CSM - [Online Class at 6-7pm](#)

Mindful Relaxation – [Online class at 7-8pm](#)



Thanks to everyone who participating in Da Silly Heads *Stigma is Silly* workshops over the past few days. Follow them on [instagram](#)

We had some great discussions on Mental Health. Lets all try do something small to support our classmates and friends on this.

SUPPORTS

CIT Counselling Services counselling.admin@cit.ie

021 – 4335772 www.mycit.ie/counselling

There are a number of telephone/text helplines that can also offer you support:

- CIT Crisis Text Line, 24/7 free text "CIT" to 50808
- Samaritans is open 24/7 on 116123
- Pieta House is also open 24/7 on 1800 247247 or Text HELP to 51444
- Aware is open 10am to 10pm on 1800 80 48 48
- Suicide or Survive 1890 577577
- LGBT Ireland 1890929539

Kind Regards

Aoife

Student Services	CITSU	Access	Societies	Chaplaincy	Sports	Gym	A Healthy CIT
Student.Services@cit.ie	suwelfare@cit.ie	access@cit.ie	info@citsocieties.ie	chaplaincy@cit.ie	sport@cit.ie	Gym@cit.ie	AHealthyCIT@cit.ie

