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**COLLEGE OF HEALTH SCIENCES**

**STUDENT SUPPORT SERVICES**

Please join the CHS: SSS team in a **Journeying Together Support Group** where you can meet people and lend support to each other in a safe and non-judgemental environment.

The **Journeying Together Support Group** will give you the opportunity to build relationships and learn from one another.

The aim will be for you to regain strength and hope and develop new coping strategies.

The journey of a thousand miles starts with a single step.

**“LETS Journey”**

**Boardroom on 1st Floor Desmond Clarence building**

**Howard College**

**First Meeting: Monday 29August 2016, from 16:30 to 18:00**

Joining the support group maybe just what you need to overcome the obstacles in your path. Email thaverw@ukzn.ac.za or stokess@ukzn.ac.za if you are interested in the support group.

