

College of Humanities Student Support Services

SUPPORT GROUPS FIRST SEMESTER 2021

Dear Humanities Students: You are invited to take note of the following Support Groups which will be offered this semester. You are invited to participate/join ones that resonate with you. Support groups are usually small groups who meet regularly. Members of a support group often share a common experience or interest/concern in an issue or topic. Support groups are a powerful way in which students may support each other and learn from each other. The psychologist/student counsellor facilitates the conversation and sharing and ensures a safe space for all. There are some ground rules which help create a safe space for group members to share their thoughts and experiences freely. Two of the most important are confidentiality and respect. What is shared in the group, stays in the group.

Day of the week	Support Group	Starting Date	Time	Click to Join	Meeting ID & Passcode
Mondays	Living your best life while living with depression	Mon, 12 April	11:00-12:00	Join	Meeting ID: 914 4428 1017 Passcode: 251721
	Post-graduate (Masters and PhD)	Mon, 19 April	17:00-18:00	Join	Meeting ID: 965 1004 8039 Passcode: 779696
Tuesdays	Student Mothers	Tues, 13 April	10:00-11:00	Join	Meeting ID: 975 6122 7824 Passcode: 603314
	Student Fathers	Tues, 13 April	10:00-11:00	Join	Meeting ID: 958 9717 3319 Passcode: 701871
	LGBTIQ+	Tues, 20 April	17:00-18:00	Join	Meeting ID: 923 8240 1296 Passcode: 958923
Wednesdays	First Year Students	Wed, 07 April	10:00-11:00	Join	Meeting ID: 920 4218 3022 Passcode: 961630
	Learning to live with Loss and Grief	Wed, 14 April	11:00-12:00	Join	Meeting ID: 996 9033 7036 Passcode: 462330
Thursdays	Women's Empowerment	Thurs, 15 April	11:00-12:00	Join	Meeting ID: 967 1909 9009 Passcode: 866474
	Men and Masculinities	Thurs, 15 April	10:00-11:00	Join	Meeting ID: 920 7405 6980 Passcode: 609433
Fridays	Managing Anxiety	Fri, 16 April	10:00-11:00	Join	Meeting ID: 933 9607 1936 Passcode: 115988
	Students with Disabilities	Fri, 23 April	09:00-10:00	Join	Meeting ID: 947 5121 2376 Passcode: 540734
	Career Lounge	Fri, 27 April	12:00-13:00	Join	Meeting ID: 934 5156 1532 Passcode: 783043

We look forward to you joining us! 😊