



ADULTING

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AN EXPLORATION OF SELF, AMIDST LIFE CHANGES AND CHALLENGES.

Using university as a space to contextualize life transitions, the group seeks to provide a safe space to reflect on the experience of growing up and exploring life themes. Participants will hopefully gain more self awareness, confidence and healthy adjustment.

EVERY WEDNESDAY

START DATE

Wednesday,
17 April 2024

VENUE

Edgewood Campus,
Dining hall, Lower ground
@Campus Clinic

TIME

14H00

To **Sign Up**, contact:

Ms Thobile Ncane

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INSPIRING GREATNESS