



STUDENT SUPPORT SERVICES

Be Kind to Your Mind

Embark on a journey of self-discovery, where you'll refine and develop better coping skills and uncover hidden aspects of yourself you never knew.

Join us virtually! The series of sessions allow you to explore and discover coping strategies and learn more about yourself. In these workshops, Student Support Services will discuss financial literacy, stress and anxiety, being the best me, creating healthy relationships, and self-awareness.

The times are 17h00. The topics and dates of our presentations include:

24 APRIL	Financial literacy
22 MAY	Understanding stress and anxiety
24 JULY	Being the best me: Holistic wellness
21 AUGUST	Creating Healthy Relationships
18 SEPTEMBER	Understanding who I am: Building Self-awareness

TO REGISTER

CLICK HERE

For further support, students may contact student support services on chs.sss@ukzn.ac.za to secure an appointment or proceed to your nearest FDA office on your campus.

