



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

COLLEGE OF AGRICULTURE,
ENGINEERING AND SCIENCE

STUDENT SUPPORT SERVICES

ANXIETY SUPPORT GROUP

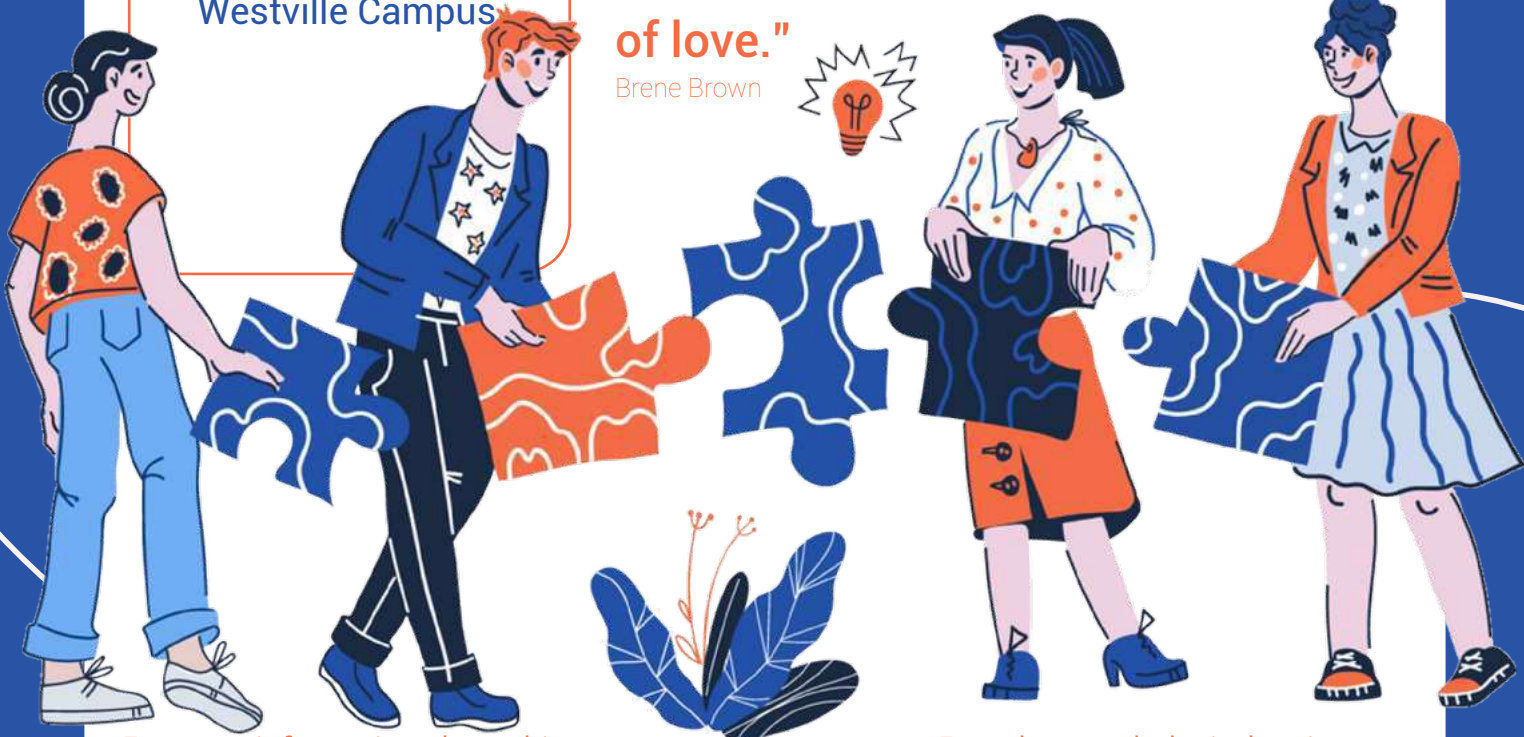
**We meet
once a week**

- Starting 10 September
- Tuesdays, 12:30
- H1 Boardroom,
Westville Campus

Common symptoms of anxiety include restlessness, racing thoughts, irritability, sleep problems and inability to focus. If you resonate with any one of these symptoms, please consider joining us and letting us walk this journey with you.

**"To see and to be seen.
That is the truest nature
of love."**

Brene Brown



For more information about this support group, please contact CAES Student Support Services
aessupport@ukzn.ac.za

For other psychological assistance, please book a session with us at
caes-ukzn.bookem.com or
use our toll-free line 0800 800 017

INSPIRING GREATNESS