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| uc-cmyk**University Counselling Service****Michaelmas Term** **2020****ONLINE GROUPS**If you would like to attend any of the groups (all held on Zoom) please completea Group Registration Form online:<https://www.counselling.cam.ac.uk/studentcouns/studentgroups> |
| **Title** |  **Date** | **Time** |
| Undergraduate Group(14 sessions, excluding Christmas vacation) | Tuesday 3 November – Tuesday 1 December(Continuing in Lent Term 19 January – 16 March 2021) | 3.00 – 4.30 pm |
| Learning to be Assertive Group(4 sessions) | Thursday 12 November – Thursday 3 December | 3.00 – 4.30 pm |
| Low Mood Group(4 sessions) | Friday 13 November – Friday 4 December | 2.00 – 3.30 pm |
| Self-esteem group(5 sessions)  | Monday 9 November – Monday 30 November | 11.00 - 12.30 pm |
| Self-compassion Group(4 sessions) | Monday 9 November –Monday 30 November | 3.00 – 4.30 pm |
| Postgraduate Group(15 sessions, including Christmas vacation) | Thursday 19 November – Thursday 17 December (Continuing in Lent Term7 January – 18 March) | 3.30 – 5.00 pm |