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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 complete  a 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 Term  7 January – 18 March) | 3.30 – 5.00 pm |