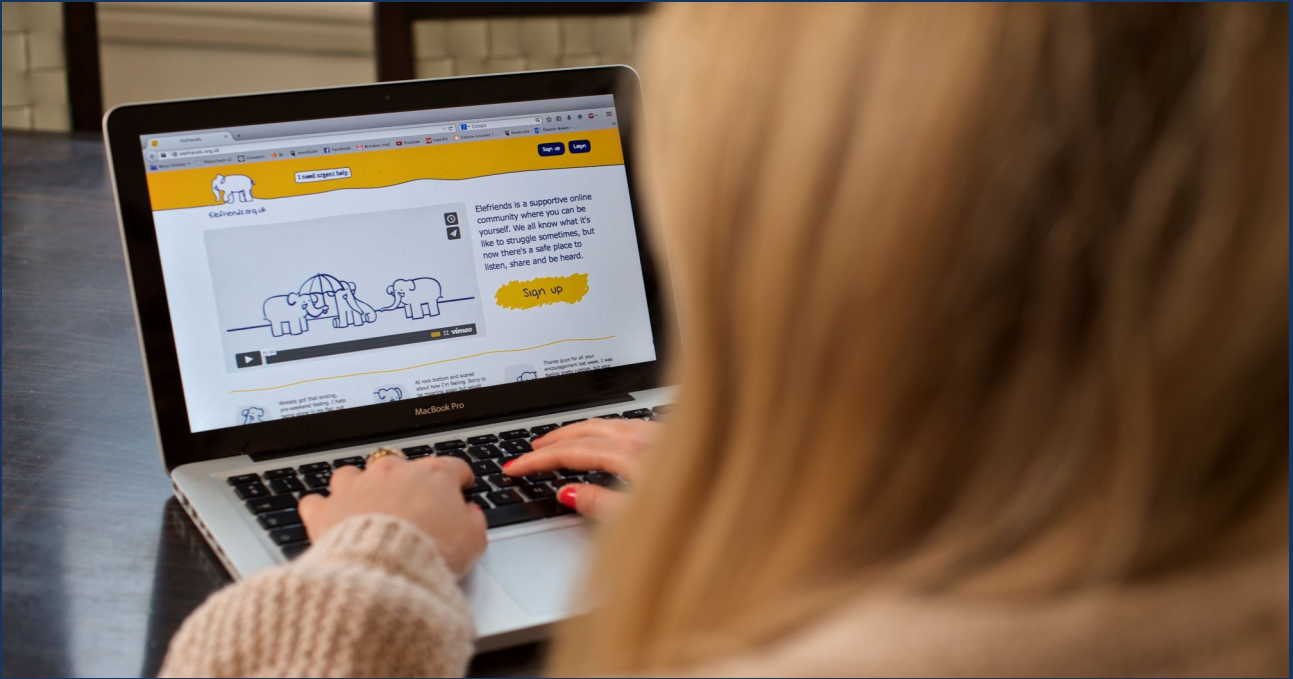


# UNIVERSITY SUPPORT GROUP



A friendly online group for young people in 6th form or their 1st year of university. This is a safe space to support each other and prepare for the challenges that come with starting university. Topics may include; challenges with COVID-19, Mindfulness skills for managing stress, creating an effective coursework structure etc. This group is peer led which means we focus on whatever you want support with.

**ONLINE - VIA ZOOM**  
**WEDNESDAY AFTERNOON'S 1-2 PM**  
**(STARTING 13TH JANUARY 2021)**

For further information, please contact:

**NORTH KENT MIND**

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