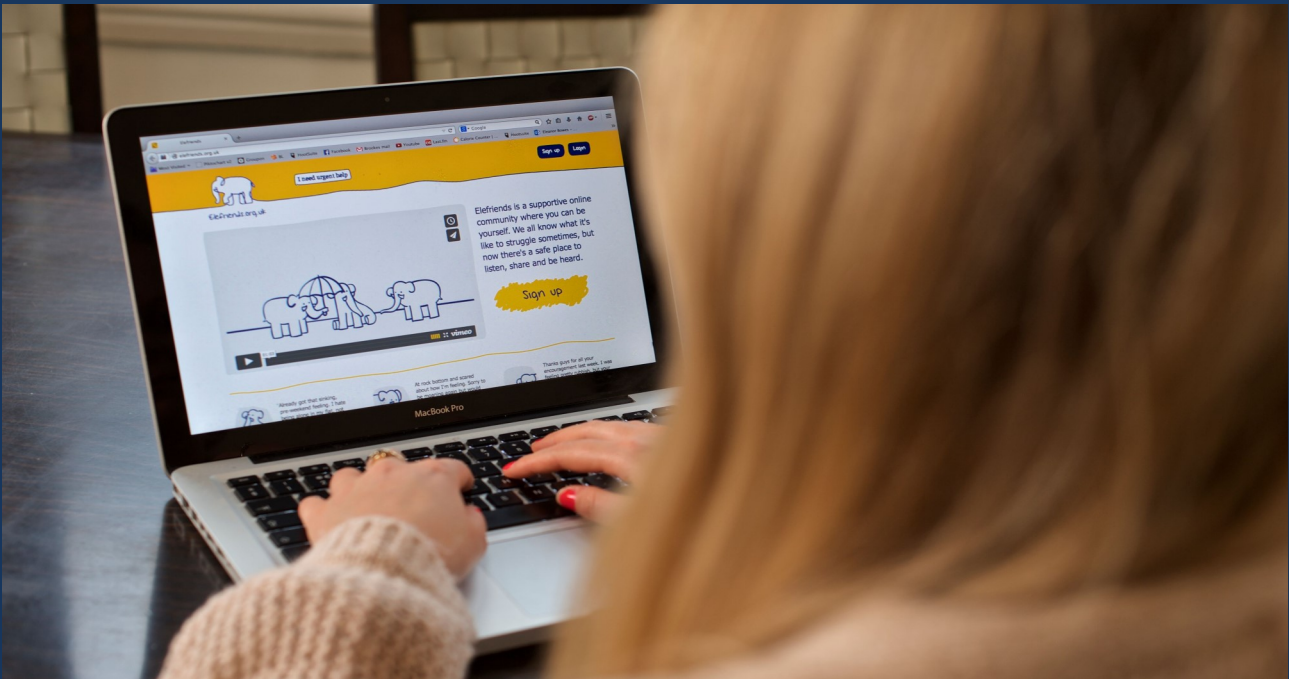


# UNIVERSITY SUPPORT GROUP



A friendly online group for young people in upper 6th form or those already studying at university or college. This is a safe space to support each other with the challenges that come with preparing for university, or coping with uni life during COVID. Topics may include: the impact of the pandemic and the uncertainties this has created; Mindfulness skills for managing stress; creating an effective coursework structure; keeping motivated 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**

**01322 291380**

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