



SCU Support Groups

*Help yourself
Help others
Make a difference!*



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Baithuti

Make today matter

What: SCU Support Groups: Please join!
When: Every day, in person 12:30 to 13:30
(except on Tue, when it's online)
Where: SCU Boardroom
Who: Everyone welcome, no waiting period

MONDAYS: Coping with Stress and Anxiety

TUESDAYS: SADAG Student Support Group
Online 18:30 - WhatsApp 076 8822 775 to register

WEDNESDAYS: MindUP Programme
(Emotional Intelligence)

THURSDAY: GBV support

FRIDAY: Beyond Grief

More Information on groups at [SCU Reception](#)
See you in Group!