
Support group for English speaking students

Join a support group for English-speaking students at Charles University in the winter semester.

There is a lot you might gain from joining the group:

Improving skills to cope with challenges.

Talking openly and honestly about your feelings.

Feeling less lonely, isolated, or judged.

Reducing stress, unhappiness, pressure, or fatigue.

Staying motivated to manage to-do lists or stick to plans.

Gaining a sense of empowerment, control, or hope.

Learning about opportunities and university resources.

It is open to 12 participants.

These groups are not only for the international students, we welcome also Czech and Slovak students who can speak English.

When: Monday from 16:00 to 17:30

Where: Školská 13a, Prague 1

How often: Every week

Dates: From October the 16th to December

How to get there: Fill out the [registration form](#) or drop a line to a group facilitator jakub.ala@cuni.cz

What's worth considering before joining?

It is not a therapeutic group, we welcome everyone.

We expect you to join the group for the whole semester.

Participating in a group provides you with an opportunity to be with people who have similar feelings, worries, and everyday problems and likely to understand one another.

Traditionally, our groups are a place where we get to know other students from different faculties, countries, and cultures.