

# Support Groups:

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## Support Groups:

The **Home Away from Home Support Group (HAFH)** is a group created for international students to provide them with the space to connect, discuss challenges and transitions that have risen when adjusting to a new area, and receive support on strategies that can be implemented to address the challenges and improve well-being. This group has been created by Counselling Services in collaboration with Residence.

Important details:

**First session date:** Monday, February 3<sup>rd</sup>, 2025

**Time:** 3:30pm-5:00pm

**Frequency of sessions:** Bi-weekly except for the first two weeks of February.\*\*

**Mode of Delivery:** In-person

**Location:** The Conference Room at Newnham Residence

## Topics:

- **1st Session (Feb 3<sup>rd</sup>, 2025):** Introductions, group norms, networking, discussing common international student experiences.
- **2nd Session (Feb 10<sup>th</sup>):** Challenges that have risen when adjusting to a new area along with strategies to manage challenges + Managing feelings of homesickness.
- **3rd Session (March 3<sup>rd</sup>):** Building confidence and self-esteem.
- **4th Session (March 17<sup>th</sup>):** Making social connections, networking, and experiencing a sense of belonging.
- **5th Session (March 31<sup>st</sup>):** Balancing multiple demands and managing feelings of anxiety.

- **6th Session (April 7<sup>th</sup>):** Coping with uncertainty, self-doubt, helplessness and building a sense of resilience.