

Support Groups:

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

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