

Student Support Groups

What to expect

A supportive and confidential space for 8–12 members, guided by experienced facilitators, meeting weekly with fellow students who share similar challenges.

Michaelmas Term 2025

Hope and Healing Group

A support group for students who have experienced sexual harassment, violence and/or intimate partner abuse at any time of their lives.

Everyone Belongs Group

A group for anyone who feels like they don't comfortably fit in or belong in the Cambridge community.

Bereavement Group

A group for anyone who has experienced the death of someone close to them.

Kindred Voices: A Group for Minoritised Ethnic Students

A group to explore what it means to be an minoritised ethnic student at navigating university life.

Postgraduate Therapeutic Group

A group for postgraduate students at Cambridge to experience mutual support Student Carers Group.

Student Carers Group

A group for anyone who would like to connect and share with other student carers about the challenges you face in your day-to-day life, both here in Cambridge and beyond.

For full details
and to register,
please visit
our website:
<https://tinyurl.com/4pen663a>





Student Support Workshops

What to expect

A 90–180 minute interactive, one-off session exploring a specific topic, facilitated by experienced practitioners.

Michaelmas Term 2025

Grounding and self-soothing techniques (online)

A workshop for anyone who'd like to learn practical skills to ease anxiety, manage distress and build a greater sense of calm.

Art for the soul: Therapeutic art workshops

A workshop for anyone interested in using art to explore and express emotions.

Therapeutic writing workshop

A workshop for anyone interested in using journaling as a tool to explore their inner thoughts and experiences.

Understanding and managing your anxiety

A workshop for anyone who wants to understand their anxiety and build strategies to manage it more effectively.

Imposter syndrome workshop

A workshop for anyone who's ever thought: "any minute now, I'll be found out!"

For full details and to register, please visit our website:
<https://tinyurl.com/4pen663a>

