

Student Support Groups and Workshops

Groups

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

Bereavement

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

Hope and healing

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

Postgraduate therapeutic group

A group for postgraduate students looking for weekly group therapy support.

Student carers

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.

Workshops

90 minute interactive, one-off sessions exploring a specific topic, facilitated by experienced practitioners.

Art for the soul: therapeutic art workshops

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

Grounding and self-soothing techniques

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

Overcoming imposter syndrome

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

Therapeutic writing

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



For full details and to register, please visit our website: www.studentsupport.cam.ac.uk/groups-and-workshops



Lent Term 2026