



Counselling and  
Psychological Services

# International Student Workshops

Semester 2, 2019

## Settling In as an International Student

Register Online – [services.unimelb.edu.au/counsel](https://services.unimelb.edu.au/counsel)

Wednesday 31 July | 3 – 5pm

Wednesday 9 October | 3 – 5pm

This group provides a safe place for international students to connect, share their experiences, and gain support from each other to enrich their experience at Unimelb.

Each group meeting will be facilitated by a Counsellor from Counselling and Psychological Services (CAPS) and discuss topics like:

- Understanding and adjusting to cultural differences
- Building meaningful relationships
- Managing stress and maintaining wellbeing as an international student
- ... and any topics of interest identified by group members.

We look forward to you joining us for one group or both, across the semester!

### Counselling and Psychological Services

Questions or need more information?  
Call us at **03 8344 6927**

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