International Student Workshops  
Semester 1, 2019

Settling In Socially as an International Student

Register Online – services.unimelb.edu.au/counsel

Wednesday 6 March | 1.30pm – 3.30pm  
Thursday 9 May | 4.00pm – 6.00pm

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.

Looking forward for you to join us for one group or both, across the semester!

Counselling and Psychological Services

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

services.unimelb.edu.au/counsel