



CAROLINA CENTRE  
Charles University



# Centrum Carolina Student Support Group in English

- What?** Centrum Carolina Student Support Group in English
- Why?** To support and encourage one another, to share our challenges, to get to know other students and to make new friends, and, if needed, to get psychological help.
- For whom?** For international and Czech students from any faculty of Charles University.
- Where?** Online until the COVID situation allows meeting in person.
- When?** The group will meet once a week on Fridays from 12:30 to 2:00 PM for duration of 90 minutes.

We announce an opportunity for both international and Czech students to participate in an open support group that will meet once a week during the spring and fall semester. The group will be modeled on encounter or therapeutic groups, but it is not only for students with physical or emotional problems. Rather, it is intended for anyone who needs support as well as for those who are eager to offer support to others in the stressful times we all live in. Traditionally, our groups are a place where we get to know other students from different faculties, countries, and cultures. The group will be facilitated by two counselors or group facilitators but ultimately it will become the mutual creation of all participating members. Because of the circumstances we will meet initially online but hope to start in-person meetings when the COVID situation allows it.

**If interested or for more information, please contact us at:**

✉ [counsel@ruk.cuni.cz](mailto:counsel@ruk.cuni.cz) / [milan.polak@ruk.cuni.cz](mailto:milan.polak@ruk.cuni.cz)