
Support Groups

University life can be challenging and brings many changes and demands. In our support groups, you'll discover that you're not alone in your experiences and struggles. Having the opportunity to talk things through with others can offer relief, support, inspiration, and often a new perspective through someone else's eyes.

Our support groups are welcoming space open to all students, regardless of background. We offer a supportive environment built on mutual understanding and shared experiences.

Open support groups Every Monday from 18:00, Školská 13a, Praha 1

When: From 30. September 2024 - Mondays from 18:00 pm to 19:30 pm.

Where: Školská 13A, Prague1

How often: Every week during the semester and exam period except public holidays.

What is the purpose? University studies can be demanding and bring many life changes and challenges. The stage of young adulthood itself is also a time of transition and uncertainty.

Our support groups offer a space to talk things through with others and find support, inspiration, and relief.

By joining the session, you'll be among people who share similar feelings, concerns, and everyday struggles. These meetings are also a great opportunity to meet fellow students from various faculties, countries, and cultures.

These gatherings are not only for international students—Czech and Slovak students who speak English are warmly welcome as well. Don't worry if your English isn't perfect—most international students are not native speakers either.

Can I join without registration? Yes, absolutely. No registration is required.

Can I attend more than once? Yes, of course.

Can I bring a friend? Yes, you are welcome to bring someone along.

Meetings are facilitated by a coach Mgr. Jakub Fiala and a psychologist Mgr. Anna-Marie Pospíšilová occasionally accompanied by guest colleagues from CU Point.

If you have any questions, write us at: jakub.fiala@cuni.cz and/or counsel@ruk.cuni.cz.

You can find more information [here](#).

Group for ukrainian students | ????? ??? ?????????? ?????????? Since October every Thursday at 6 PM.
| ? ??????? ?????? ?????????? ? 18:00

[Link to the support group](#) | [????????? ?? ????? ??????????](#)

You can find more informations about support groups [here](#) .

What can be the benefits of participating in a support group?

- **Safe environment:** You are welcome to talk about feelings and concerns, including any struggles you may be experiencing with your studies.
- **Social support:** You may feel less lonely and isolated through sharing with others.
- **Mental health improvement:** Participation can help reduce anxiety, depression, and fatigue.
- **Coping with challenging situations:** You can improve your problem-solving and stress management skills.
- **Motivation:** Support in staying motivated to tackle recurring issues such as procrastination and lateness.
- **Empowerment:** You may gain a greater sense of control over your situation and more self-confidence. You can also learn to decide when it is beneficial for you to keep something to yourself and when to share.
- **Restoring hope:** It can help restore the belief that problems can be managed and that solutions exist.
- **Inspiration and feedback:** You gain new perspectives and practical feedback from other participants.
- **Sharing experiences:** Learning from others' stories and experiences can be valuable.
- **Building relationships:** The opportunity to form new friendships and supportive relationships.

What are the topics of your groups?

- Coping with academic pressure
- Cultural differences
- Coping with changes and transitions
- Stress
- Mindfulness
- Self-esteem and self-acceptance
- Procrastination and motivation
- Loneliness and social isolation
- Mental health
- Relationships
- Career planning
- Time management
- Financial stress
- Family issues
- Self-discovery
- Other topics students wish to share

Who to contact if you are unsure about joining?

If you have doubts about participating in a support group or need more information, don't hesitate to contact us by **email**: counsel@ruk.cuni.cz or by **phone**: 222 232 452.

Our team is here to answer your questions and help you decide.