

Mohd Amirul Kasyful Nur bin Zulkifli

From: UUM CORPORATE COMM.
Sent: 22 Jun 2021 13:36
To: UUM - All Staff; UUM - All Students
Subject: Virtual Support Groups by UUM Counselling Centre



UUM Corporate Comm.

Universiti Utara Malaysia

22 JUN 2021 / 12 ZULKAEDAH 1442H

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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

UUM ONLINE: Pusat Kaunseling, Jabatan Hal Ehwal Pelajar, Universiti Utara Malaysia menawarkan VIRTUAL SUPPORT GROUPS (VSG) yang diadakan pada hari SELASA SETIAP MINGGU khusus bagi membantu golongan pelajar/ staf UUM yang mengalami kecelaruan psikologi kesan pandemik Covid-19, serta apa sahaja isu sama ada akademik, kewangan, kerjaya dan sebagainya.

Topik Virtual Support Group pada minggu ini adalah INSOMNIA iaitu satu topik yang memfokuskan kepada gangguan tidur serta cara untuk mengatasi masalah ini. VSG adalah kelompok sokongan dan terbuka kepada semua staf dan pelajar yang memerlukan bimbingan. VSG boleh disertai melalui platform Cisco Webex Meeting dengan cara mengimbas QR Code pada poster atau klik pautan berikut:

<https://bit.ly/3yYGtWm>

Meeting number: 158 865 7632

Password: VSG2021



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VIRTUAL SUPPORT GROUPS



TOPIC : INSOMNIA FACILITATOR : HAIZUM NADHIRAH BT. MD. YUSUFF

22 June 2021 | Tuesday | 3.00 pm - 4.00 pm



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Any enquiries, do contact Faezah Nayan at
019-4288 666 /faezah@uum.edu.my



Untuk pertanyaan, boleh hubungi Puan Faezah Nayan di link berikut:

<http://www.wasap.my/60194288666>



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