

Mohd Amirul Kasyful Nur bin Zulkifli

From: UUM CORPORATE COMM.
Sent: 14 Jun 2021 11:12
To: UUM - All Staff; UUM - All Students
Subject: Virtual Support Groups by UUM Counselling Centre



UUM Corporate Comm.

Universiti Utara Malaysia

14 JUNE 2021 / 4 ZULKAEDAH 1442H

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

UUM ONLINE:

Do you need someone to share or to talk to? We are offering

VIRTUAL SUPPORT GROUPS



TOPIC : STRESS MANAGEMENT

FACILITATOR : FAEZAH NAYAN

15 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



VIRTUAL SUPPORT GROUPS

EVERY TUESDAY | 3.00 - 4.00 PM
Organized by: UUM Counselling Centre



Meeting number:
158 865 7632

Password:
VSG2021



15th JUNE 2021- STRESS MANAGEMENT
Facilitator : Faezah Nayan

22nd JUNE 2021 – INSOMNIA
Facilitator : Faezah Nayan



29th JUNE 2021- WHAT IS ANXIETY?
Facilitator : Amirah Nadhilah Amir Husain



6th JULY 2021- COVID-19 & STIGMA
Facilitator : Mohd. Khairone Md Khatidin



13th JULY 2021 - SELF-CONFIDENT
Facilitator : Nurly Aziyani Ahmad



20th JULY 2021 – WHAT IS DEPRESSION
Facilitator : Safinas Hanoum Omar Anwar



27th JULY 2021- FAMILY & HOMESICKNESS
Facilitator : Nur Farah Johari



03rd AUGUST 2021 – LONELINESS
Facilitator : Mohd. Khairone Md Khatidin



10th AUGUST 2021 - POSITIVE THINKING
Facilitator : Noorul 'Adilah Che Hamzah



17th AUGUST 2021 - LOVE YOURSELF
Facilitator : Asma Mat



Pusat Kaunseling, Jabatan Hal Ehwal Pelajar, Universiti Utara Malaysia menawarkan VIRTUAL SUPPORT GROUPS 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. Ini adalah kelompok sokongan dan terbuka kepada semua staf dan pelajar yang memerlukan bimbingan. Kelompok ini boleh disertai melalui platform Cisco Webex Meeting dengan cara mengimbas QR Code pada poster atau klik pautan berikut:

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

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

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



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