

2024

Growth Resilience Optimism Wellness

GROW

Programme

GROW is a six-week programme focusing on Self-awareness, Self-regulation, Cognitive Flexibility, Connection and Optimism, Hope, and Meaning.

The aim is to help participants develop resilience, learn how to create meaningful social support and cultivate optimism, hope, and meaning.



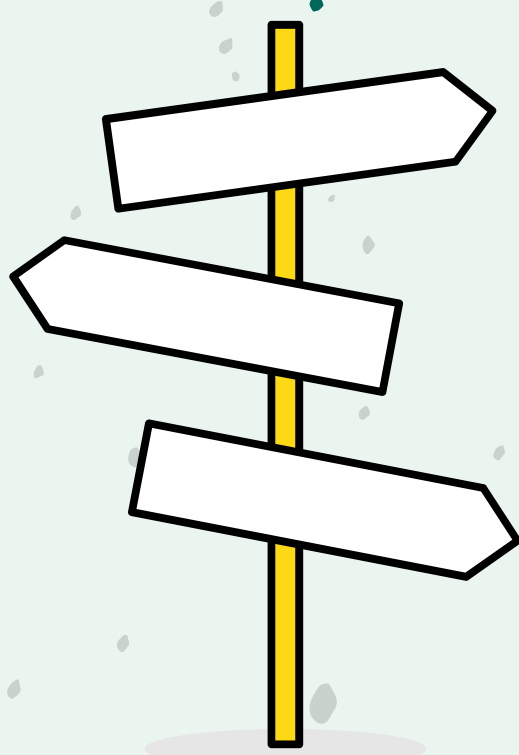
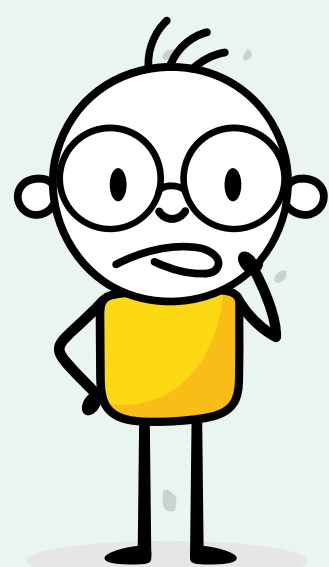
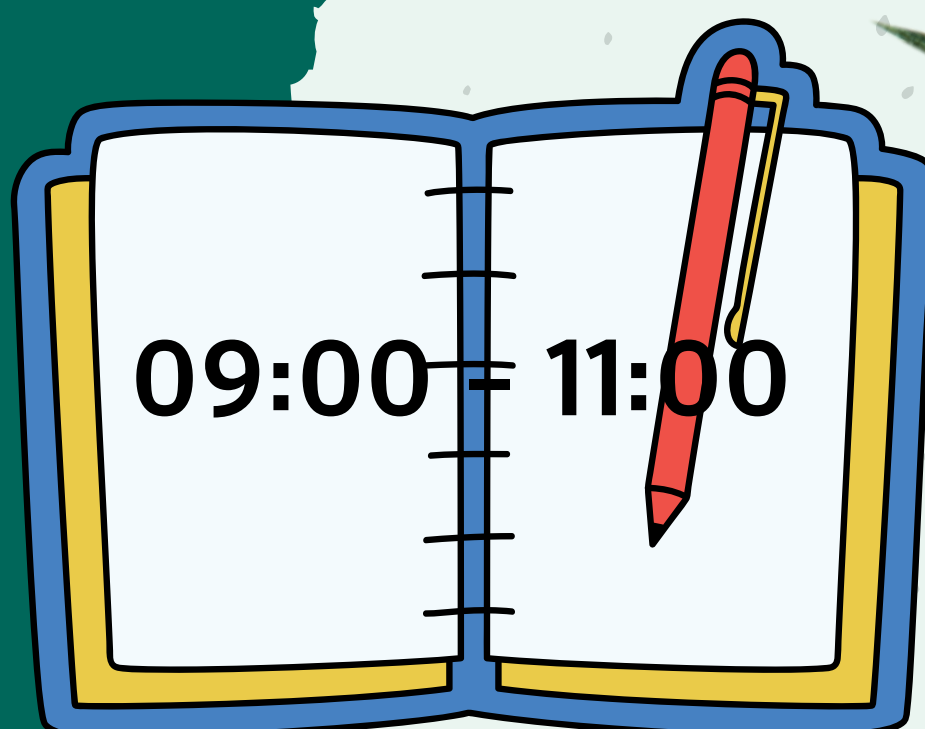
1st semester

Starts from 15 April

2nd semester

Starts from 15 July

Monday and Thursday



Student Counselling and
Development
Kovsie Health Building
1st Floor

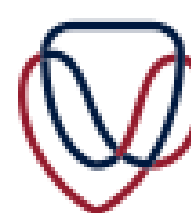
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Now!

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