



CMHC

Counselling and Mental Health Centre

CUPPA & CONVERSATION



Email | CMHC@yorks.ac.uk

Telephone | 01904 876072

Website | www.yorks.ac.uk/cmhc

What is the group about?

Cuppa and Conversation is a free ten-week emotional support group for individuals that are lonely, wanting to discover more about themselves, learn tools to support their wellbeing, and make new friendships. Our main aim is for everyone to make meaningful connections, share experiences and knowledge, learn some helpful tools to take away, and enjoy a cuppa and some interesting conversations!

Who is the group for?

The group is for anyone over the age of 18 who lives locally. Additionally, there is no charge for the group, however, if you would like to donate, you can do so via our [JustGiving Page](#).

How can I secure my place?

You will need to complete a registration form, and consent form to secure your place on the ten-week programme. The group sessions will last two hours and be held online via Zoom each week. Please email cmhc@yorks.ac.uk to secure your place or find out more information.

What do the sessions involve?

The group offers a friendly and welcoming space in which we will share experiences, hear other peoples' stories and, through conversation, find common ideas and interests. Each week there will be different discussion topics and activities to engage with, sharing experiences and things that have impacted us, journaling for wellbeing and learning about self-care and mindfulness, just to name a few.





Create.



Collaborate.



Community.



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WEEKLY BREAKDOWN

Week 1 | Welcome Week - In this first session we will outline what to expect over the programme, discuss our aims, hopes and fears, and any ground rules we would like.

Week 2 | Desert Island Survival Kit - What book, album, creature comfort and famous person would you want to be deserted with?

Week 3 | Journaling for Wellbeing - Journaling for wellbeing and self-discovery, what's it all about and why we do it? Looking at why and how we journal, with some prompts to practice and share.

Week 4 | Reverse Room 101 - Providing you with an opportunity to reflect on your past year, and what positive aspects you'll take away from it.

Week 5 | Mindfulness - An opportunity to practice some mindfulness techniques and explore the different types of mindfulness practices there are.

Week 6 | Self-Care - A chance to explore what self-care means to you and discover ways you can be good to yourself; physically, mentally, emotionally, and spiritually.

Week 7 | Strengths - Discovering strengths and abilities we did not realise we had!

Week 8 | Gratitude - Taking the time to be thankful and showing gratitude for the people and things we have in our lives.

Week 9 | Review & Reflect - An opportunity to review what we've learnt, identifying any key 'toolkit' items to take away, and reflect on how to take things forward.

Week 10 | Ending Week - We review how the past ten weeks have gone and plans for connecting beyond the group!

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