

SWS SUPPORT GROUPS		
SUPPORT GROUP	VENUE/ DAY	CONTACT DETAILS
Postgraduate support group	Ivan Toms Building, SWS Group Room	Ms Ingrid Smith Ingrid.smith@uct.ac.za
	Thursdays 14h00 – 15h30	
Coping with exam stress Support	Faculty of Science, Mathematics Building	Ms Thembakazi Makwakwa Thembakazi.makwakwa@uct.ac.za
	Wednesdays 13h00 – 14h00	
Psychotherapy Support	Ivan Toms Building, SWS Group Room	Ms Ingrid Smith Ingrid.smith@uct.ac.za
	Thursdays 14h00 – 15h30	
Substance Support (Chillers)	Ivan Toms Building, SWS Group Room	Ms Thembakazi Makwakwa Thembakazi.makwakwa@uct.ac.za
	Fridays 14h30 – 15h30	Ms Phumelele Myeza Phumelele.Myeza@uct.ac.za
Khulumani Madoda Men Let's talk	Sports Centre	Mr Zamokuhle Mabaso Zamokuhle.mabaso@uct.ac.za
	Tuesdays 13h00 – 14h00	Mr Sihle Shezi Sihle.shezi@uct.ac.za
Postgraduate Support group	Law Faculty, Kramer Building	Mr Kevin Henderson Kevin.henderson@uct.ac.za
	Thursdays 10h30 – 12h00	
Substance Support (Chillers)	Liesbeeck Gardens residence	Ms Nadine Williams Nadine.williams@uct.ac.za
	Saturdays 10h00 – 11h00 Every second Saturday	
Postgraduate Support group	Science Faculty	Mr Kevin Henderson sciencefacultyppggroup@uct.ac.za
	Day TBC	
Mindfulness group	Ivan Toms Building, SWS	Ms Elaine Martin
	Day TBC	mindfulnessgroup@uct.ac.za