



## INVITATION

### Online Group for Psychological Support for SUMPh students

### "Resilience to Stress and the Life Quality Increasing"

*Dear SUMPh students,*

**The psychological support group** in online form is an activity organized by the Center for Psychological Counseling and Career Guidance of the State University of Medicine and Pharmacy "Nicolae Testemitanu". This activity is recommended as effective for psychomoral support, emotional ventilation and encouragement for international students during the pandemic year of COVID-19.

We invite you to join a new group "**Resilience to Stress and the Life Quality Increasing**", in which you'll be able to:

- ✓ share your strong emotions and feelings of insecurity;
- ✓ receive the support of colleagues and the professional assistance of the moderating psychologist on changing life situations and stressful conditions;
- ✓ increase the ability to be resilient to different stressful factors, etc.

Participation in the group activity is free, subject to the required conditions of confidentiality.

#### Organizational conditions:

- ☐ 1-5 meetings, one meeting per week on Zoom in closed format (meeting dates are: **May 27, June 01, 08, 15, 22, 2021**);
- ☐ The duration of the meeting is 90 minutes;
- ☐ The first meeting - **Thursday, May 27, 2021, at 15.45;**

The moderating psychologist is Irina Dvornina, psychologist at the Center for Psychological Counseling and Career Guidance of the State University of Medicine and Pharmacy "Nicolae Testemitanu".

Registration link: <https://forms.gle/XkwC7nGMntqog4io8>

On **May 24**, you will receive by email the access link to the Google Meet conference.

Information at tel: **079436018 - Irina Dvornina**

For additional information follow our facebook page: <https://www.facebook.com/CCPGC.USMF/>  
and the website <https://ccpgc.usmf.md/ro>.