AFRICAN AMERICAN WOMEN’S GROUP

This group uses a non-traditional group approach, which aims to incorporate essential elements of African American culture.

Our goal is to help undergraduate and graduate students to move toward self-healing through collective sharing around multi-media stimuli. Topics are determined by the group, but could include impostor syndrome, self-esteem, relationship concerns, academic stress, family conflict, being an African American woman at a PWI, life transitions, body image concerns, stereotypes and more.

The group begins May 26 and ends August 11.

Facilitator: Markie Silverman, PhD, LLP

Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff.

SHW-CAPS-050721