MINDFULNESS-BASED ANXIETY MANAGEMENT

Mindfulness-Based Anxiety Management is a virtual cognitive-behavioral therapy group for undergraduate and graduate students to reduce their anxiety and other emotional distress. Group members will learn mindfulness techniques and cognitive strategies.

Members will also gain non-judgmental self-awareness and peer support. No religious background is required.

Pre-screening is required. Fill out the CAPS Phone Request form at [bit.ly/capsthroughrequest](https://bit.ly/capsthroughrequest) and indicate that you’re interested in this group.

Location:
HIPAA-Compliant Zoom

THURSDAYS
2:30–4 P.M. ET

Group begins May 27 and ends August 12.

Cognitive-behavioral therapy group.

Open to all MSU students.

Questions?
Email Dr. Hind at hindbaoc@msu.edu

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.

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