



Empower U

Fridays 1 to 2pm

Support and Empowerment Group

Empower U is a virtual space for graduate and undergraduate students to support and empower one another, particularly LGTQIA+ students of color. Some themes of the group include relationships, self and community care, values exploration, intersectionality, self-compassion, family dynamics, navigating cultural expectations, and building resilience. All meetings will be held weekly over Zoom.

If you are interested in participating, please fill out the following Qualtrics form:

https://msu.co1.qualtrics.com/jfe/form/SV_9GNsDVC3VIH3wnr to set up a phone screening with a CAPS counselor and please state your interest in this group during that call.

Group Facilitator: Olivia Scott, Ph.D. and Victor Leon, MSW



Counseling & Psychiatric
Services (CAPS)
MICHIGAN STATE UNIVERSITY

This group will
begin weekly
meetings on
1/29/21.

This group is for
students who
identify with a
minoritized racial
identity *and* a
minoritized sexual
and/or gender
identity.

Graduate and
undergraduate
students welcome.

For more information, or
to ask questions, please
contact
Olivia Scott at
scottol1@msu.edu

**Requires Group
Screening.**

Meetings will be held
over HIPAA
Compliant Zoom.