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 LGBTQIA+ 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.