



Mental Health Mondays

Mondays 4:00pm-5:00pm

Group Description:

Are you looking for concrete skills to improve your mental health and general outlook on life? Wanting to learn new skills to combat anxious feelings? Want to increase your self-appreciation? Then this is the group for you! This is a four-week series that explores personal values, setting intentions, mindfulness techniques and more. This group will be a combination of psychoeducation with a corresponding activity/craft and therapeutic support.

Register at:

<https://www.signupgenius.com/go/70A0B48A8AB2FA4FD0-mental>

Group Facilitators: Courtney Brown, LMSW and Sarah Fay-Simons, LMSW



Counseling & Psychiatric
Services (CAPS)
MICHIGAN STATE UNIVERSITY

**CBT based,
Trauma informed,
Supportive
Environment**

**This 4-week series will
start October 26**

**4-week series dates:
October 26,
November 2,
November 9,
November 16**

**Undergraduate and
Graduate Students**

**To register use the
sign-up genius link
on the flyer and for
questions contact
Sarah at:
fays@msu.edu**

LOCATION:

**Counseling & Psychiatric
Services (CAPS)**

**All group appointments
are hosted over our
HIPAA compliant zoom
platform**

caps.msu.edu