



AFRICAN AMERICAN WOMEN'S GROUP



WEDNESDAYS

1-2 P.M. ET

SEPT. 15-NOV. 17

HIPAA-Compliant
Zoom

Register:

Complete a pre-screening
consultation to register. Get
started at
caps.msu.edu/schedule

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, particularly African American women. 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.

Group begins September 15 and ends November 17.

Facilitator: Markie Silverman, PhD, LLP

