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