



# Mental Health Mondays

Are you looking to connect with other MSU students and improve your mental health mindset? Wanting to learn new skills to combat anxious feelings? Want to increase your self-appreciation? Then this is the group for you!

This group will be a combination of psychoeducation and therapeutic support.

**Group Facilitators: Courtney Brown, LMSW and Sarah Fay-Koutz**

**MONDAYS**  
**4-5 P.M. ET**

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**CBT-based, trauma-informed, supportive environment**

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**Group begins September 20.**

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**HIPAA-Compliant Zoom**

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**Open to undergrad and grad students.**

## Register:

Complete a pre-screening consultation to register.  
Get started at [caps.msu.edu/schedule](https://caps.msu.edu/schedule)

