



COUNSELING AND PSYCHIATRIC SERVICES (CAPS) AND SOUTH NEIGHBORHOOD PRESENT:

RA Process Group

What is RA Process Group?

RA's are often the first to notice that a resident may be struggling with an issue or problem. As a first responder RA's can provide support and serve as a resource for the residents. However, there are times when RAs' need to be able to receive support themselves, in a non-judgmental environment.

Why attend?

There are many **benefits**, which can **support your role as a Resident Assistant** and overall **emotional well-being**, such as:

- Reduced stress and anxiety
- Improved mood
- Increased resilience

Goals for the group: Provide a safe space to process the stress and challenges related to being a resident assistant, along with identifying helpful coping strategies and useful resources.

Sponsored by CAPS and REHS. **To register, contact Nedra Cannon** LMSW, South Neighborhood Social Worker at cannonne@msu.edu.



Holden G-8

Feb 12
7:30-8:30pm

March 12
7:30-8:30pm

April 16
7:30-8:30pm

**All South RAs
welcome!**
