COVId-19 support group

COPING THROUGH COVID

Tuesday 1:00-2:00 pm

Have you been feeling more anxious since COVID-19? Sad or down? Decreased motivation? More isolated for others? This support group is a safe, non-judgmental space for students to share and connect with others regarding concerns related to COVID-19. Students will also learn coping skills to help them better manage stress.

Group Facilitator(s): Martez Burks, Ph.D. LLP

Spring 2021

Meets weekly
January 26th – April 20th

A space to share, grow and connect.

Undergraduate and Graduate students are welcome to join.

Pre-group screening required
Contact email burksma1@msu.edu for more information.

LOCATION:
Counseling & Psychiatric Services (CAPS)
HIPPAA Compliant Zoom
caps.msu.edu