



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 from 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



Counseling & Psychiatric
Services (CAPS)
MICHIGAN STATE UNIVERSITY

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)**

HIPPA Compliant Zoom

caps.msu.edu