



African American Women's Group

Wednesday 1:00pm-2:00pm

Group Description:

This is a therapy group that utilizes a non-traditional group approach which aims to incorporate essential elements of African American Culture. This group is for undergraduate and graduate students who identify within the African Diaspora. The group is offered to assist individual members with moving toward self-healing through collective sharing around multi-media stimuli. Topics are determined by the group; some potential topics include (but are not limited to) imposter 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 Facilitators: Markie Silverman, PhD, LLP & Amara Chukwunenye, M.A., Doctoral Intern



Counseling & Psychiatric
Services (CAPS)
MICHIGAN STATE UNIVERSITY

**Providing Support
and Making
Connections**

**Group starts January
20th and students can
join anytime in the
semester**

**Discuss Mental Health for
African American
Women, Learn New
Skills, and Build
Relationships**

**Undergraduate and
Graduate Students**

**Interested? Complete the
CAPS Qualtrics form at
https://msu.co1.qualtrics.com/ife/form/SV_9GNsDV_C3VIH3wnr
and say you
are interested in the
African American
Women's Group**

LOCATION:

**All group appointments
are hosted over our
HIPAA compliant zoom
platform, for more
information regarding
this group, email Markie
Silverman at
silve162@msu.edu**