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/jfe/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