African American Women’s Group

We’ll use a non-traditional group approach, which aims to incorporate essential elements of African American culture.

Our goal is to help undergraduate and graduate students to move toward self-healing through collective sharing around multi-media stimuli, particularly for African American women. Topics are determined by the group, but could include impostor 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:
Dr. Markie Silverman
Taibriana Wilkins

Email Dr. Markie Silverman at silve162@msu.edu for more information.

Begins September 12 (students can join any time during the semester).

Discuss mental health for African American women, learn new skills and build relationships.

Register:
Get started at caps.msu.edu/schedule and indicate “Group Counseling – African American Women’s Group” on the scheduling form.

Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff.

Call (517) 355-8270
Visit caps.msu.edu
@healthyspartans