



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

ACT FOR GRADUATE STUDENTS

THURSDAYS

.....

3-4 P.M. ET

.....

In Person

.....

Group begins
January 26



Many graduate students experience anxiety or depression. This group aims to help grad students learn mindfulness skills, connect to their values and strengthen psychological flexibility in their relationships with themselves and others. We offer a mixture of support, experiential learning and action-oriented work.

Group screening is required.

**Facilitators: Jeff Baker, MA, LLP
Monica Hicks-Jackson**

Register:

Get started at
caps.msu.edu/schedule for
more info, pre-screening and
registration information.

