



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

ACADEMIC STRESS REDUCTION FOR A/APIDA IDENTIFIED WOMEN

FRIDAYS

.....

10–11 A.M. ET

.....

HIPAA-Compliant
Zoom

.....

Group begins
January 27



Register:

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



This support group aims to build a safe and comfortable space for undergraduate and graduate students, particularly Asian or Asian-American women. Group members will learn to reduce their stress and make peace with themselves and their families. Group discussion topics could include academic pressure, family-related anxiety, perfectionism and dealing with guilt and shame.

Facilitator: Dukhae Sung, PhD, LP