



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

AFRICAN AMERICAN WOMEN'S GROUP

TUESDAYS

1:30–2:30 P.M. ET

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In Person

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**Group begins
January 24**



Register:

Complete a pre-screening consultation to register.

Get started at
caps.msu.edu/schedule



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. Topics are determined by the group, but could include imposter syndrome, self-esteem, relationship concerns, academic stress, family conflict, being an African American woman at a predominantly white institution, life transitions, body image concerns, stereotypes and more.

Screening is required.

**Group Facilitator:
Markie Silverman, PhD, LP**