



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

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.

SHW-CAPS-010923

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

