



Counseling & Psychiatric Services (CAPS)
University Health & Well-being
MICHIGAN STATE UNIVERSITY

LATINX WOMXN SUPPORT GROUP

TUESDAYS

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4 P.M-5 P.M. ET

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In Person

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Group begins
January 24



Register:

Get started at
caps.msu.edu/schedule.
Indicate "Group Counseling-
Latinx Womxn Support Group"
on the scheduling form.

QR Code

Navigating life, relationships and school can be overwhelming. This group offers a supportive space for Latinx, female-identified undergraduate and graduate students. This group will address experiences as it relates to stress, intersectionality, boundaries, connections, imposterism, navigating a PWI, family dynamics, transitional challenges and overall balance of mental wellness. Students are encouraged to freely express their emotions and connect with each other as a means of support. This space is about supporting and empowering one another through shared experiences.

Facilitator: Jessica Oyoque-Barron, LMSW



Counseling and Psychiatric Services (CAPS)
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BIPOLAR SUPPORT GROUP

FRIDAYS

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3-4:30 P.M. ET

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In Person

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Group begins
January 27



Register:

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



Connect with other students who have a bipolar diagnosis and are facing similar challenges and questions. The group is a place to talk about difficult topics like stigma, medications and symptoms related to a mood disorder.

Open to both undergraduate and graduate students of all genders.

Facilitators: Sarah De Young, LMSW