



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

BODY IMAGE AND EATING CONCERNS SUPPORT GROUP

TUESDAYS

.....

4-5 P.M. ET

.....

In Person

.....

**Group begins
January 24**



Register:

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



Concerned about your looks and food?
Can't find others to connect with? This is an
excellent opportunity to share, hear others,
be heard and receive validation and support
on your journey to feeling good through
cultivating self-compassion.

Group screening required.

**Facilitator: Basak Khamush, PhD, LP
Ciera Lewis, MA**