



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

# EMPOWER U

## WEDNESDAYS

Starting February 1

3:30-5 P.M.

In Person

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## FRIDAYS

Starting January 27

1-2:30 P.M.

HIPAA-Compliant  
Zoom



### Register:

Get started at  
[caps.msu.edu/schedule](https://caps.msu.edu/schedule).

Indicate "Cultivating  
Concentration  
Workshop" on the  
scheduling form.



Empower U is a virtual space for LGBTQIA+ undergraduate and graduate students to support and empower one another, particularly LGBTQIA+ students of color. Some discussion themes include relationships, self and community care, values exploration, intersectionality, self-compassion, family dynamics, navigating cultural expectations and building resilience.

**Group screening is required.**

**Wednesdays - Victor Leon LMSW**

**Fridays - Olivia Scott, Ph.D, LP  
Jovany Avendano, PsyD**