



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

# GRADUATE STUDENT SUPPORT GROUP

## FRIDAYS

.....  
10-11 A.M. ET

.....  
HIPAA-Compliant  
Zoom  
.....

Group begins  
January 23



## Register:

Get started at  
[caps.msu.edu/schedule](https://caps.msu.edu/schedule).  
Indicate "Group Counseling-  
Graduate Support Group"  
on the scheduling form.



This is a supportive space where graduate students can gather, share and empower one another through shared experiences. Themes for this group explore key stressors with your advisor, juggling multiple roles and responsibilities, challenges with completing dissertation or thesis and impacts related to diet, sleep and emotional well-being. Whatever your concerns, we can listen, offer support or help you come up with strategies to make the most of your time in grad school.

Group screening is required. You can still join after the start date.

**Facilitators: Jessica Oyoque-Barron, LMSW  
Gabby Henriksen**