



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

INTERNATIONAL STUDENTS SUPPORT GROUP

MONDAYS

.....

4-5 P.M. ET

.....

**HIPAA-Compliant
Zoom**

.....

**Group begins
January 23**



The International Student Support Group is a safe space in which to share your experiences and concerns, connect with others, find support, and learn skills and strategies to help manage stress. Topics may include adjustment concerns, difficulties being away from your home country, stress management, relationship (friends, families, and romantic) concerns and more.

Facilitators: Zen Zhong, LLPC

Register:

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

