



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

LIVING WITH CHRONIC ILLNESS

THURSDAYS

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3-4 P.M. ET

.....

In Person

.....

Group begins
January 26



Register:

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



Do you live with a chronic, physical illness like diabetes, asthma, Crohn's, or fibromyalgia? Have you felt angry, frustrated or isolated because of your condition? These feelings are all common. You don't have to navigate this journey alone.

This group is a safe, non-judgmental space to share about your individual experiences, symptom management and how to navigate challenges that you might encounter as a college student.

Facilitators: Caitlin Riley, LMSW
Ashley Craft, MA