

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

## MINDFULNESS-BASED ANXIETY MANAGEMENT

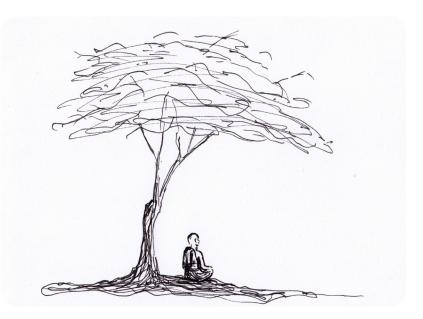
## **THURSDAYS** 2:30-4 P.M. ET

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In Person

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Group begins January 26



## **Register:**

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



Mindfulness-Based Anxiety Management is a virtual cognitive-behavioral therapy group for undergraduate and graduate students to reduce their anxiety and other emotional distress. Group members will learn mindfulness techniques and cognitive strategies.

Members will also gain non-judgmental selfawareness and peer support. No religious background is required.

Pre-screening is required. Schedule a phone screening at caps.msu.edu/schedule and indicate that you're interested in this group.

## Facilitators: Mollie Delzeith, MA, LPC Donovan Bennett

Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff. SHW-CAPS-010323

