



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

# MINDFULNESS-BASED ANXIETY MANAGEMENT

## THURSDAYS

.....

2:30–4 P.M. ET

.....

In Person

.....

Group begins  
January 26



## Register:

Get started at  
**[caps.msu.edu/schedule](https://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 self-awareness and peer support. No religious background is required.

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

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