



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

# RA SUPPORT GROUP

**FRIDAYS**

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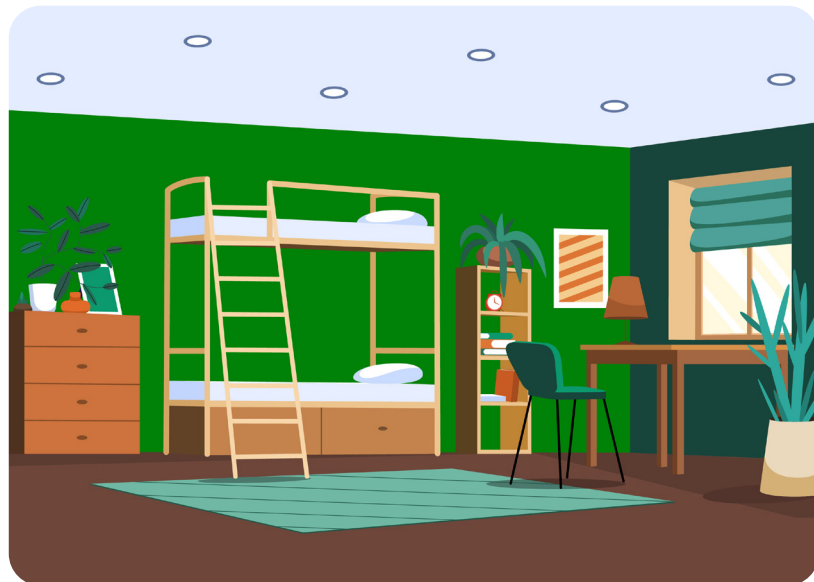
**1-2 P.M. ET**

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**In Person**

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**Group begins  
February 27, 2023**



## Register:

Get started at  
**[caps.msu.edu/schedule](https://caps.msu.edu/schedule)** for  
more info, pre-screening and  
registration information.



This support group is open to any RA looking to connect with their peers with the facilitation of a CAPS provider.

Topics we may discuss include general stress, balancing the RA role with academics and other activities and debriefing about individual experiences.

**Facilitators: Sarah Fay-Koutz, LMSW**