

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

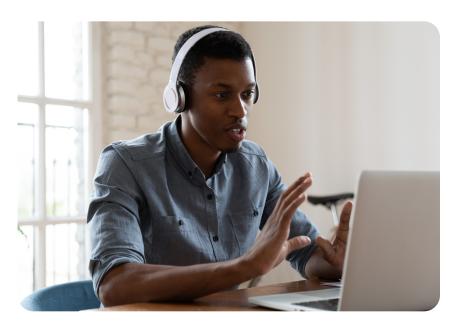
GRAD STUDENTS: ACCEPTANCE AND COMMITMENT THERAPY (ACT)

THURSDAYS

3-4 P.M. ET

- • • • •
- In Person
- • • • •

Group begins June 1



Register:

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



Many graduate students experience anxiety or depression. This group aims to help grad students learn mindfulness skills, connect to their values and strengthen psychological flexibility in their relationships with themselves and others. We offer a mixture of support, experiential learning and action-oriented work.

Group screening is required.

Facilitator: Jeff Baker, MA, LLP

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-050223

