BLACK WOMEN’S GROUP

TUESDAYS
1–2:30 P.M. ET

Virtual

Group begins
May 30

Register:
Complete a pre-screening consultation to register.
Get started at caps.msu.edu/schedule

We'll use a non-traditional group approach, which aims to incorporate essential elements of African American/Black culture.

Our goal is to help undergraduate and graduate students to move toward self-healing through collective sharing around multi-media stimuli. Topics are determined by the group, but could include imposter syndrome, self-esteem, relationship concerns, academic stress, family conflict, being an Black/African American woman at a predominantly white institution, life transitions, body image concerns, stereotypes and more.

Screening is required.

Group Facilitators:
Chasma Mathis, PsyD, LP
Ciera Lewis

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.