



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

BLACK WOMEN'S GROUP

TUESDAYS
1-2:30 P.M. ET

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Virtual

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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