



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

EMPOWER U

FRIDAYS

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Starting June 2

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1-2:30 P.M.

.....

Virtual



Register:

Get started at
caps.msu.edu/schedule.
Indicate "Empower U"
on the scheduling form.



Empower U is a virtual space for LGBTQIA+ undergraduate and graduate students to support and empower one another, particularly LGBTQIA+ students of color. Some discussion themes include relationships, self and community care, values exploration, intersectionality, self-compassion, family dynamics, navigating cultural expectations and building resilience.

Group screening is required. Schedule a phone screening at caps.msu.edu/schedule. State your interest in this group during that call. If you have questions, email Olivia at scottol1@msu.edu.

Facilitators - Olivia Scott, Ph.D, LP
Jovany Avendano, PsyD