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

FRIDAYS
Starting June 2
1-2:30 P.M.
Virtual