



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

# WELLNESS MONDAYS

## MONDAYS

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## 4-5 P.M. ET

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## In Person

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## Group begins June 5



## Register:

Get started at  
**[caps.msu.edu/schedule](https://caps.msu.edu/schedule)** for  
more info, pre-screening and  
registration information.



This skills-based support group is designed for students who are new to the university, having difficulty adjusting to their new campus life, looking for peers interested in improving their overall well-being and discussing mental health topics, and new students looking to gain concrete skills for managing some of the challenges we face in daily life in relation to our general outlook on life.

**Facilitators: Courtney Brown, LMSW**  
**Sarah Fay-Koutz, LMSW**