Empower U
Fridays 1 to 2pm

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

Interested? Please fill out the CAPS screening form at https://msu.co1.qualtrics.com/jfe/form/SV_9GnsDVC3VIH3wnr and let them know you are interested in Empower U.

Group Facilitator: Olivia Scott, Ph.D. and Victor Leon, MSW
Counseling & Psychiatric Services (CAPS)
MICHIGAN STATE UNIVERSITY

This group will begin weekly meetings on 1/22/21.

This group is for students who identify with a minoritized racial identity and a minoritized sexual and/or gender identity.

Graduate and undergraduate students welcome.

For more information, or to ask questions, please contact Olivia Scott at scottol1@msu.edu

Requires Group Screening.
Meetings will be held over HIPAA Compliant Zoom.