The Mindful Mind
Fridays 3 - 4 pm

Anxiety can make someone feel like they are in the passenger seat of their daily life. Let us help you get back into the driver’s seat! This drop-in group is a safe space to share experiences with anxiety and learn new coping skills to add to your personal toolkit.

Group Facilitator(s): Caitlin Riley, L.M.S.W. & Zhenshan (Zen) Zhong, LLPC

Do you worry a lot? Or find yourself over thinking?

Do you struggle with feelings of panic? Do you feel tense or jumpy?

These feelings are all very common with anxiety.

This group will meet weekly during the semester.

Drop-in Group
Email rileycai@msu.edu for more information.

LOCATION:
Counseling & Psychiatric Services (CAPS)
Olin Health Center Room 309
Starting: 9/27/19
caps.msu.edu