Let’s Talk About It:

Athletes Navigating Healthy Relationships and Sex

For many students, college is the first time to take complete control of their personal health. College is also when many people start exploring their sexualities and identities. Come be a part of both psychoeducation and discussion centering on these topics that aren’t always the easiest to navigate alone. We incorporate many topics including communication in intimate situations and the effects of mental health on relationships.

Group Facilitators:
Kris Amos LLPC from CAPS
Kelle Sajdak LPC from MSU Sexual Assault Program

Thursdays
11 am - 12:00 pm
starting September 19th

This is a six-week long group that will last one hour per session.

For anyone that identifies or has identified as an athlete.

To be a part of the group or get more information contact us via email: Kris Amos Amoskris@msu.edu or Kelle Sajdak sajdakke@msu.edu

LOCATION:
Counseling & Psychiatric Services (CAPS)
Olin Health Center Room 359
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