

Take a breath and...

Join us at PEER!



The PEER (Promoting Education & Emotional Resilience) Program seeks to empower students to learn about their mental health and develop positive coping skills.

This 6-week workshop will help students develop resiliency skills derived from evidenced-based practices such as Mindfulness, ACT, CBT, DBT, and Resiliency training in collaboration with the Resource Center for Persons with Disabilities (RCPD) and Counseling And Psychiatric Services (CAPS).



PEER participants will also have a dedicated practical application support group for deeper discussion and community building. Graduate and undergraduate students welcome!

Interested in joining us?

Please complete the application linked below or via the QR Code to the left.

https://msu.co1.qualtrics.com/jfe/form/SV_3gTVqIuR7DmfmYu



Questions can be directed to the PEER Coordinator, Ellie Brigger at briggere@msu.edu.