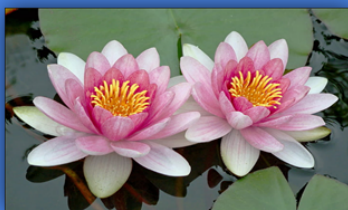


**SONOMA
STATE
UNIVERSITY**

**COUNSELING
& PSYCHOLOGICAL
SERVICES**

CAPS CARES

An Update for Our Campus Community



Counseling Services

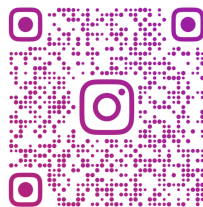
Services are in-person! Our front office is open for walk-in appointment scheduling and crisis appointments. Don't forget that you can call in at any time to receive counseling support!

Call us 24/7 at:
(707) 664-2153

For more information on CAPS services call or email us at
caps.sonoma.edu

CAPS is located at:
Building 17A (behind Salazar)

Media Platforms



Visit us on Instagram

WELCOME BACK!

Hello Seawolves!!! Welcome back to campus and welcome to our new students! Please take note of our operating hours and crisis services listed here and on our website.

If you are feeling physically ill and have an appointment with CAPS or are in need of immediate care, please call CAPS to see if a telehealth appointment can be scheduled.

**SONOMA
STATE
UNIVERSITY**

**COUNSELING
& PSYCHOLOGICAL
SERVICES**

For On-Call Counseling Services, You can reach CAPS 24/7 at (707) 664-2153.
To schedule an appointment, drop by, call us, or email us at CAPS@sonoma.edu
Appointment Hours: Monday/Tuesday 8 a.m. to 6 p.m.
& Wednesday/Thursday/Friday 8 a.m. to 5 p.m.

*For emergency situations that involve immediate risk of harm to self or others,
please call 911 or go to the nearest Emergency Room.*



Welcome Kellie Douglas our SSU Confidential Advocate!

The Confidential Advocate is part of the **Counseling & Psychological Services (CAPS)** team and provides support, survivor outreach, coordination of support services, and assistance with decision-making to SSU students who are impacted or victimized by interpersonal violence or harassment.

Contact information: (707) 664-2698
ssuadvocat@sonoma.edu

A Word from CAPS

Greetings and welcome back to SSU for the Spring semester! We are thrilled to embark on another exciting academic semester with you. As you navigate this transformative educational journey, SSU's Counseling and Psychological Services department is here to extend a warm welcome. We are here to support your wellness and encourage renewal and mindfulness as we head into the new year.

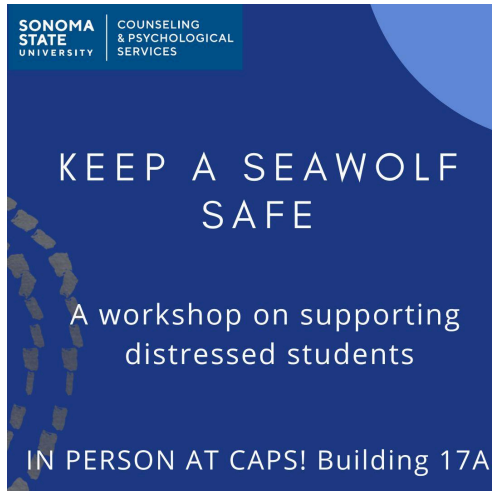
Mindfulness can play a crucial role in your overall well-being. In the hustle and bustle of college life, it's easy to become overwhelmed. Mindfulness involves being fully present in the moment, cultivating self-awareness, and approaching your reactions to each situation with a non-judgmental attitude. By incorporating mindfulness into your daily life you can enhance your focus, reduce stress, and build a strong foundation for success. Our dedicated team at CAPS is here to help you navigate academic challenges, deal with stress, or simply listen to your concerns.

We have various workshops and activities to promote self-care, mindfulness, and community engagement throughout the Spring 2024 semester. We encourage you to explore these opportunities, connect with fellow students, and prioritize your well-being.

Remember, asking for help is a sign of strength, and you are not alone. CAPS is committed to guiding and supporting you on your journey of renewal and mindfulness. We believe in your potential to heal and grow, and we are excited to witness the positive contributions you will make to our campus community!

With Love & Solidarity,
The CAPS TEAM

Spring 2024 Workshops



Keep A Seawolf SAFE

Keep a Seawolf SAFE is a 90-minute workshop that prepares SSU students, faculty, and staff to better support distressed students.

Participants will learn:

Signs that a student may be struggling, how to
Ask students how they are doing, how to
Focus on referring to appropriate resources, and how to
Escort a student to CAPS, whether in-person or virtually

Call or email CAPS to request a workshop!

Location: CAPS, Building 17A



WELLWolves

Open to SSU students, faculty, and staff to join CAPS for the WELLWolves Workshop. WELLWolves is an expansion of the popular Keep A Seawolf Safe suicide-prevention workshop. WELLWolves covers the common mental health struggles of SSU students, including anxiety and depression, and participants will learn basic helping skills to support Seawolf mental health.

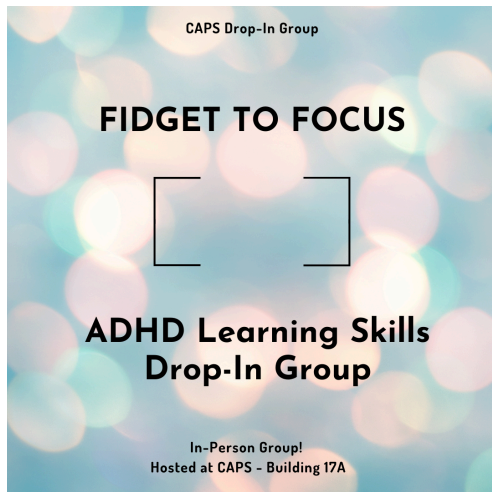
SSU students, faculty, and staff can take both the WELLWolves and Keep A Seawolf SAFE workshops, or either module independently.

Call or email CAPS to request this workshop!

Location: CAPS, Building 17A

Spring 2024 GROUPS

Mondays



Mondays @ 12PM, Fidget to Focus: ADHD Learning Skills (Drop-In) Group

This weekly group is designed to teach skills for managing symptoms associated with ADHD. We will discuss strategies for staying on top of academic demands while developing coping skills to help maintain focus. A formal ADHD diagnosis is not necessary for this group. The main topics of conversation concern organization and maintaining motivation to complete assignments, tasks or projects (whether school or life related) This group can be a great space for anyone struggling to stay on top of their schedule!

Starting Monday January 29th!

Location: CAPS, Building 17A



Mondays @ 12PM, Common Thread: LGBTQIA+ Support (Drop-In) Group at The HUB

A weekly support group designed to provide a safe and confidential space for SSU students who have lived experience within the wide spectrum of the LGBTQIA+ community. Co-create a supportive and affirming space, share common experiences, and deepen your self-understanding. All who have lived experience within the LGBTQIA+ community, including those questioning, are welcome.

Starting Monday January 29th!

Location: This group is hosted in person at The HUB

Tuesdays



Tuesdays @ 12PM, Grief Support (Process) Group

This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences and building empathy and mutual support.

**Start date will be announced soon.
Call or email CAPS to register for this group!**

Location: CAPS, Building 17A

Wednesdays



Wednesdays @ 11AM, Not the Perfect Family (Process) Group

Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each other in understanding and coping with family relationships.

**Starting Wednesday January 31st!
Call or email CAPS to register for this group!**

Location: CAPS, Building 17A



Wednesdays @ 12PM, Women of Color Collective (WOCC)

Join us in creating community with SSU women of diverse and intersecting cultural identities. Share and be inspired by our collective stories and experiences in a confidential space. Explore, process, and empower each other!

**This group is hosted in person at The HUB.
Group starts on 1/31, and meets every Wednesday!**



Wednesdays @ 1PM, Autism Support (Process) Group

Join a supportive space for SSU students on the Autism Spectrum to share their lived experiences and develop a better understanding of themselves and their fellow neurodivergent peers. Come and co-create a community of individuals that support one another in exploring the challenges and joys of navigating the college social environment! A formal diagnosis is not required to join this group.

**Start date will be announced soon.
Call or email CAPS to register for this group!**

Location: CAPS, Building 17A

Thursdays

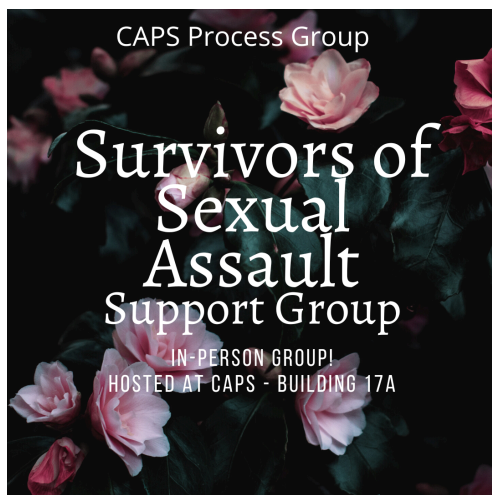


Thursdays @ 12PM, “I Want to Know What Love Is”: A Relationship (Process) Group

Are you struggling with family, social, or romantic relationships? This weekly group focuses on navigating the ups and downs of building and maintaining healthy, fulfilling, and close relationships. Members support each other in processing relational joys and difficulties in a safe and supportive environment.

**Starting Thursday February 8th!
Call or email CAPS to register for this group!**

Location: CAPS, Building 17A



Thursdays @ 3PM, Survivors of Sexual Assault (Process) Group

This is a supportive space for survivors of sexual assault, including childhood sexual abuse, intimate partner and non-partner sexual violence. Group members will have the opportunity to share experiences, support each other, and build a greater sense of control and empowerment. They will learn about common reactions to trauma, will gain greater understanding about the ways it can impact life, and will develop skills for improved coping as part of the healing process. We also focus on cultivating peer support networks for those with these shared experiences.

**Start date will be announced soon.
Call or email CAPS to register for this group!**

Location: CAPS, Building 17A

**Remember to reach out if you need support!
CAPS CARES!**