



A Message of Solidarity

Counseling & Psychological Services (CAPS) and Confidential Advocacy recognize that this is an extremely challenging time for our community. The coronavirus pandemic, the transition to virtual platforms for academics, social interactions and support services, as well as the socio-political climate have led to increased distress for so many of us. We join Sonoma State leadership in expressing our grief, outrage, sorrow, and compassion for all those who have, and continue to be, impacted by the race-based tragedies occurring across our nation. We condemn, and are committed to addressing, the structural and systemic injustice that led to the violent deaths of Ahmaud Arbery, Breonna Taylor, George Floyd, and so many more before them. While these tragedies, and the ongoing expressions of racism and hate that have surrounded them, have proven to be traumatizing for many of us, we recognize that they are especially injurious to members of our Black and African-American community and we want you to know that we stand with you.

We recognize the relentless impact that racism, inequity and injustice, and the related repetitive trauma, can have on mental health and well-being, and encourage you to contact our office if we can be of support. Our counselors are here to meet with you and to explore the impact that recent events, and the systemic oppression that they represent, have had, and are having, on you, your families and your communities. We can offer some strategies to assist you in coping as well as the opportunity to simply voice your feelings in a confidential, non-judgmental space. We can also help to connect you with other resources, on and/or off campus, that may provide services and support that feel safe and resonate with you.

With Love & Solidarity,

Dr. Laura Williams, Director,
on behalf of CAPS & Confidential Advocacy