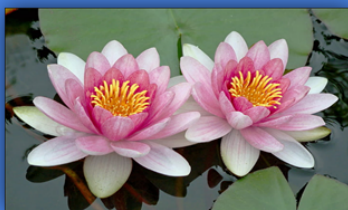


**SONOMA  
STATE  
UNIVERSITY**

**COUNSELING  
& PSYCHOLOGICAL  
SERVICES**

# CAPS CARES

## An Update for Our Campus Community



### Counseling Services

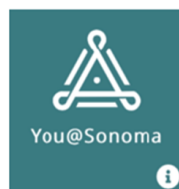
Services are in-person! Our front office is open for walk-in appointment scheduling and crisis appointments. Don't forget that you can call in at any time to receive counseling support!

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

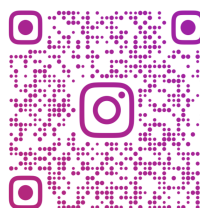
For more information on CAPS services call or email us at  
**[caps.sonoma.edu](https://caps.sonoma.edu)**

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

### Media Platforms



Check out [You@Sonoma](https://www.instagram.com/you@sonoma)



Or visit us on Instagram

### WELCOME BACK!

Hello Seawolves!!! Welcome back to campus and welcome to our new students! We are looking forward to getting to know you this year and providing you with support. 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  
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& 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](mailto: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.*

## A Word from CAPS

Summer is coming to a close and the campus is once again filled with activity and anticipation of the school year ahead. As our University and the world continues to recover from a global pandemic, there is a general desire to create and rebuild community. In the past several years, this campus experienced a rapid shift from traditional in person social gatherings and classes to a virtual community, and uncertainty of how to maintain connection during unprecedented times. Though there are lasting changes from this period of SSU's history, we are once again enjoying a lively and active campus that serves as a place to bring students, faculty, and staff together. Likely because of the challenges we have all encountered, the passion to build community feels stronger than ever, and the relationships we create feel all the more precious.

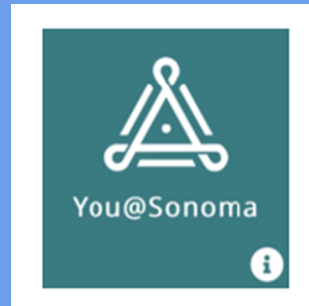
At CAPS, we both encourage this passion and recognize that there are obstacles that challenge our ability to reach out to those around us. We each carry our own histories and unique challenges, and some may be entering this school year already feeling overwhelmed and uncertain how to connect. CAPS offers our support to each and every student in navigating any obstacles that arise during their time at SSU so they can engage fully and richly in their college experiences. If you feel that you could use this support please call, email, or drop by our office to make an appointment or with any questions that you might have about our services.

CAPS also wants to remind our students that we offer 24/7 crisis services. During our business hours, students may walk into the CAPS building for same day crisis counseling, and after hours students can call CAPS and be connected to our on-call providers at 707-664-2153. We are here for you in the challenging times and encourage you to reach out!

With Love & Solidarity,

CAPS TEAM

## What is YOU@Sonoma?

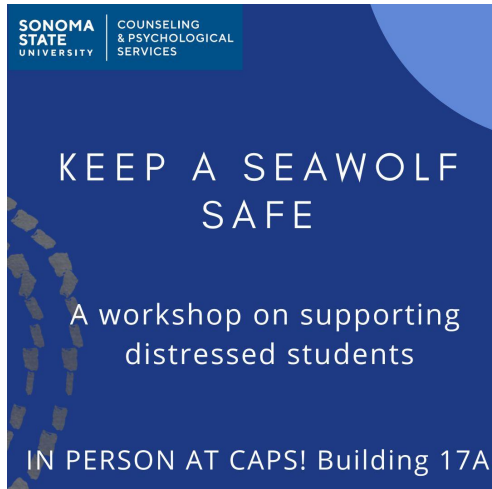


[You@Sonoma](#) is a customizable web portal connecting you to online tools and campus resources to support your personalized goals to succeed, thrive, and matter. Create a confidential profile on [You@Sonoma](#) to make the most of your college experience! This is a great tool to use especially as we head into a busy semester. This portal provides students with individualized strategies for improving mental health and overall well-being. It can even get you connected with appropriate resources on campus and be used as supplemental support in ongoing therapy. We highly encourage everyone to explore the app.

Check it out and make a profile today! You can also find the You@Sonoma tile on your Sonoma State profile.



## FALL 2023 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:

**S**igns that a student may be struggling, how to  
**A**sk students how they are doing, how to  
**F**ocus on referring to appropriate resources, and how to  
**E**scort 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.

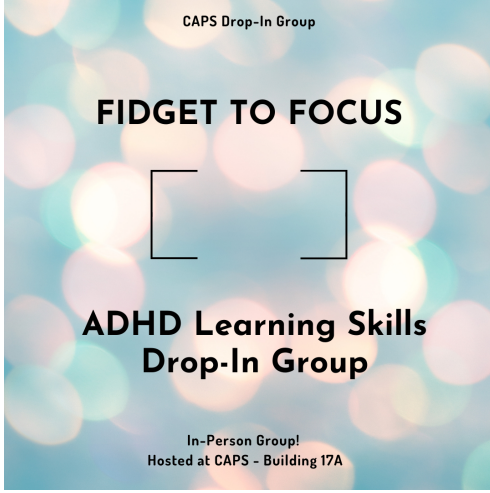
**Call or email CAPS to request this workshop!**

**Location: CAPS, Building 17A**

 <p><b>Autism Support</b></p> <p>CAPS Workshop</p> <p>IN PERSON Hosted at CAPS - Building 17A For Current SSU students only. Contact CAPS for more information.</p>	<p><b>Autism Support Workshop</b></p> <p>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 the workshop.</p> <p><b>Wed September 13th 12-1PM</b> <b>Wed September 20th 12-1PM</b> <b>Please contact CAPS to register.</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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## FALL 2023 GROUPS

### Mondays

 <p>CAPS Drop-In Group</p> <p><b>FIDGET TO FOCUS</b></p> <p><b>ADHD Learning Skills Drop-In Group</b></p> <p>In-Person Group! Hosted at CAPS - Building 17A</p>	<p><b>Mondays @ 12PM, Fidget to Focus: ADHD Learning Skills (Drop-In) Group</b></p> <p>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!</p> <p><b>Starting Monday 9/11!</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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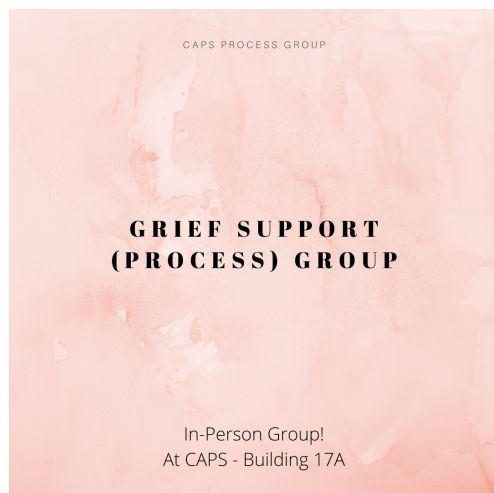
### **Mondays @ 12PM, Common Thread: LGBTQIA+ Support (Drop-In) Group at The HUB (*updated time and location*)**

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 September 11th!**

**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.

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

**Location: CAPS, Building 17A**

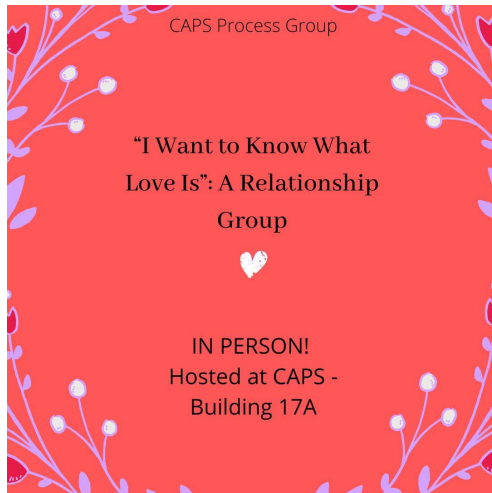


### Wednesdays @ 12PM, Women of Color Collective (WOCC)

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!

**Call or email CAPS or The HUB to register for the group. This group is hosted in person at The HUB. Group starts on 8/30, and meets every Wednesday!**

## Thursdays

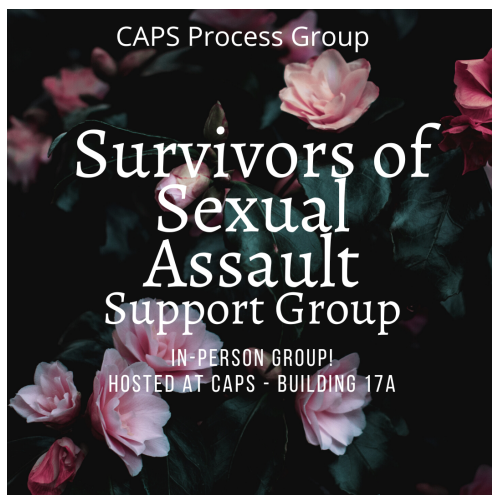


### Thursdays @ 12PM, “I Want to Know What Love Is”: A Relationship (Process) Group

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.

**Start date will be announced soon. 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!**