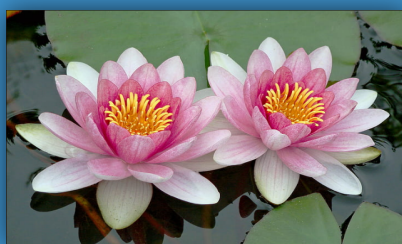




CAPS CARES

An Update for Our Students



Counseling Services

CAPS continues to provide immediate crisis support when you need it throughout the summer! Remember that you can call in at any time to receive support!

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

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

YOU@SONOMA

CAPS is pleased to announce a new resource for our students! YOU@Sonoma is a digital platform that can help you thrive at SSU by helping you to set goals, promoting self-reflection, providing encouragement, and connecting you to campus resources and online educational tools. To learn more, turn to page 3.

Fall Semester!

We will begin scheduling fall appointments the week prior to the first day of the Fall semester. Call in early to have the best selection of appointment times.

Please note that we will be offering all of our weekly groups at the same day/time as noted below. Add them to your schedules now so you don't miss out!



You can reach CAPS 24/7 at (707) 664-2153.

To schedule an appointment, call us or email us at CAPS@sonoma.edu

Appointment Hours: Monday/Wednesday/Friday 8 a.m. to 5 p.m.

& Tuesday/Thursday 8 a.m. to 6 p.m.

On-Call Counseling Service: 24/7: (707) 664-2153

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 on the horizon! And with the increase in vaccinations, we are starting to see the re-opening of many activities that have been shut down for almost a year now. We are slowly on our way back to “normal” now that students are registering for both online and in-person classes for the fall. But what do we want this “new normal” to look like? Are there parts that we want to leave behind? What do we want to carry forward?

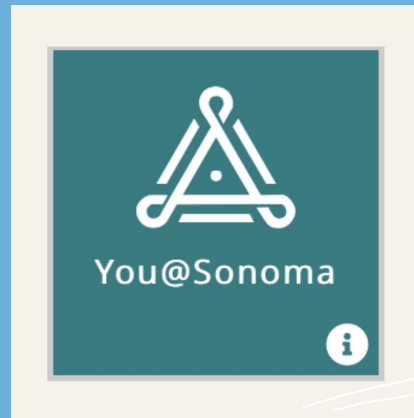
This is a historic moment we find ourselves in. Not only have we passed the one-year anniversary of the start of the Covid-19 pandemic but we have also seen progress in social justice. The many traumas enacted upon people of color and the LGBTQ+ communities this past year have impacted our Seawolves in many ways. We encourage you all to not only practice compassion with others but also with yourselves as we navigate our way out of this pandemic and ponder how we can contribute to ending bigotry. It is okay if you are feeling burned out by the news and to adapting to so many changes. Many feel this way. Which further shows how important it is that we have patience with ourselves and others as we enter this next transition.

We want to congratulate all of the graduating students this year and we encourage everyone to take good care of themselves this summer. If you are in need of finding community therapy resources, please see the “resources” page of our website for information or contact us to help you with that process.

With Love & Solidarity,
CAPS TEAM



WE'RE ON THE GRAM! GIVE US A FOLLOW @ CAPS_SSU FOR UPDATES ABOUT OUR UPCOMING EVENTS & WORKSHOPS, AS WELL AS SELF-CARE SUGGESTIONS!



YOU@SONOMA

You.sonoma.edu 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 out of your college experience! This is a great tool to use especially as we head into the summer months. This portal provides students with individualized strategies for improving mental health and overall wellbeing. 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 make a profile and explore the app!

You can find the link to make a profile by identifying the YOU@Sonoma tile on your Sonoma State profile!



UPCOMING WORKSHOPS & EVENTS!



Keep A Seawolf S.A.F.E. with Dr. Andrew Kerlow-Myers

A workshop on supporting distressed students and suicide prevention.

Spring semester dates are as follows:

Friday, May 7th from 1:00PM-2:30PM

Zoom Meeting ID: 838 1190 1212

This is a 90-minute workshop that prepares SSU students, faculty, and staff to better support distressed students and to intervene when they are concerned a student might be suicidal. Join us for a training that could help you save a Seawolf! Email: caps@sonoma.edu or call CAPS: (707) 664-2153 for more information.



The Struggle Is Real, So How Do We Deal?

A 6-session workshop series based on Mindful Self-Compassion with Dr. Irene Wise

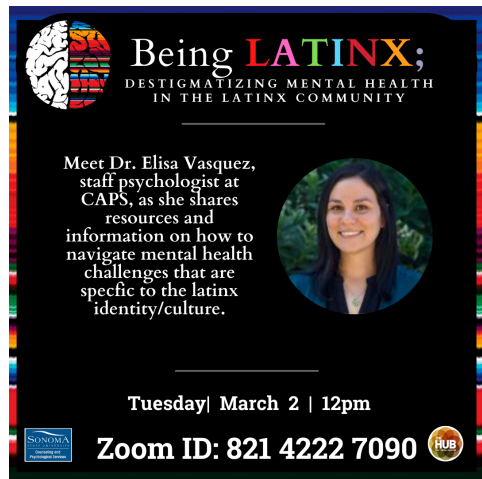
Spring semester dates are as follows:

Monday, May 3rd at 10:00AM

Monday, May 10th at 10:00 AM

Zoom Meeting ID: 853 8491 2970

Join us to build coping skills and self-compassion during these tough times. You will learn and experience mindfulness and self-compassion practices for dealing with difficult emotions, navigating challenging relationships, and softening your inner critic. Email: caps@sonoma.edu or call CAPS: (707) 664-2153 for more information.



Being LATINX; Destigmatizing Mental Health in the Latinx Community with Dr. Elisa Vasquez & Shelly Gomez

Tuesday, May 4th from 12:00-1:00PM

Zoom ID: 821 4222 7090

Join Dr. Elisa Vasquez, Staff Psychologist at CAPS, and Shelly Gomez, Race and Ethnicity Coordinator in the HUB, as we explore the mental health challenges we face culturally. In this three-part series, we will discuss access to resources, how to process heavy reliance on faith/religion versus therapy, and gender and sexuality within the Latinx community.



Undocu-Care Group with Dr. Rociel Martinez & Rosa Salamanca

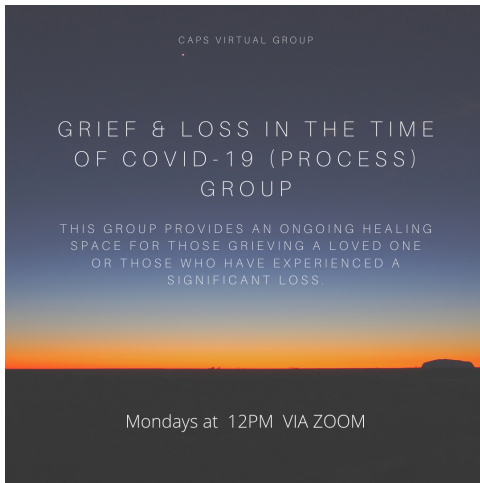
Wednesday, May 5th at 12:00PM

Zoom ID: 890 9172 2900

Through the Undocu-Care Group, a variety of tools and materials will be utilized to engage with different topics and explore the undocumented identity. To kick-off the group, we will be screening the Undocumented Tales show. The series follows the journey of Fernando, an undocumented queer immigrant from Mexico living in the U.S. Fernando's story is one that is rarely told in the broader immigrant and LGBTQ communities, and one that is almost never told in mainstream media.

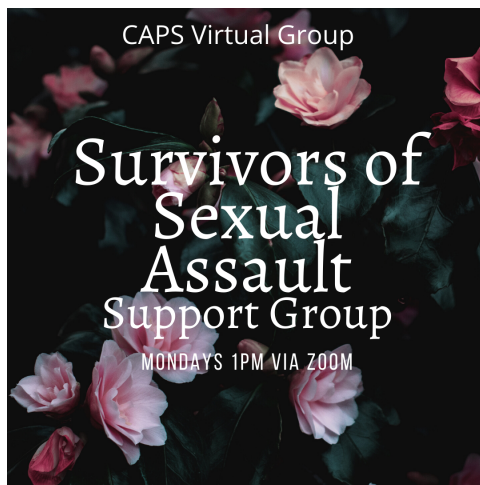
FALL 2021 GROUPS

Mondays



12PM, Grief & Loss in the Time of Covid (Process) Group

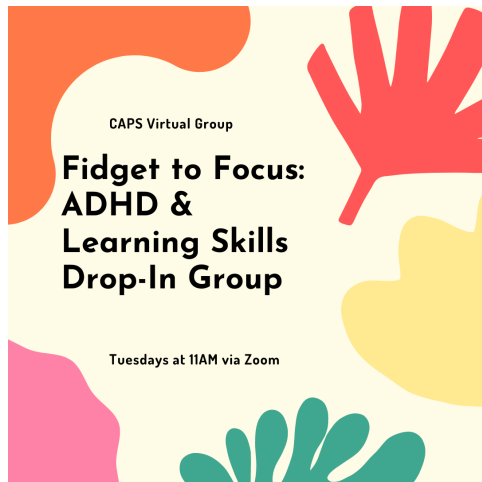
This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences, reflecting on the possible compounding impact of loss during the COVID-19 pandemic (regardless of if the loss is related to the virus or not), and building empathy and mutual support.



Mondays 1PM, Survivors of Sexual Assault (Process) Group

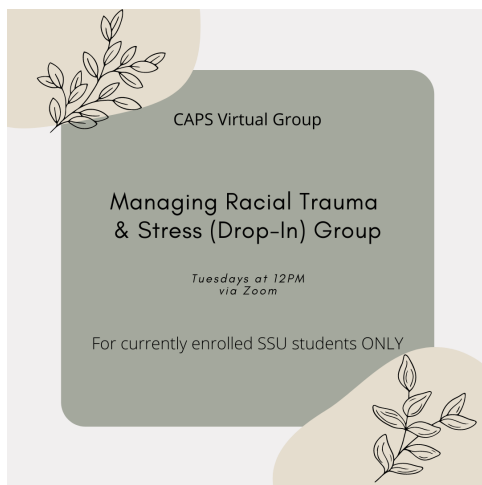
This group is designed to provide a supportive space for survivors of sexual assault, including childhood sexual abuse, intimate partner and non-partner sexual violence. Group members will have the opportunity to share experiences, support each other, and build a greater sense of control and empowerment. Participants will learn about common reactions to assault, 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.

Tuesdays



11AM, Fidget to Focus: ADHD and Learning Skills (Drop-In) Group

This 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) so this group can be a great space for anyone struggling to stay on top of their schedule!



Tuesdays 12PM, Managing Racial Trauma & Stress (Drop-In) Group

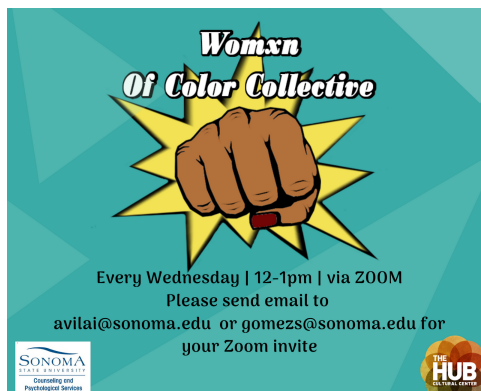
As we engage in responsible physical distancing to support everyone's well-being during this time, we also acknowledge that communities draw strength in solidarity and fellowship. This group is for SSU students who identify as Black, Indigenous, and/or People of Color and provides a supportive and confidential space to explore ways to manage the impact of racial stress and trauma, and to engage in healing individually and as a collective.

Wednesdays



11AM, Not the Perfect Family (Process) Group

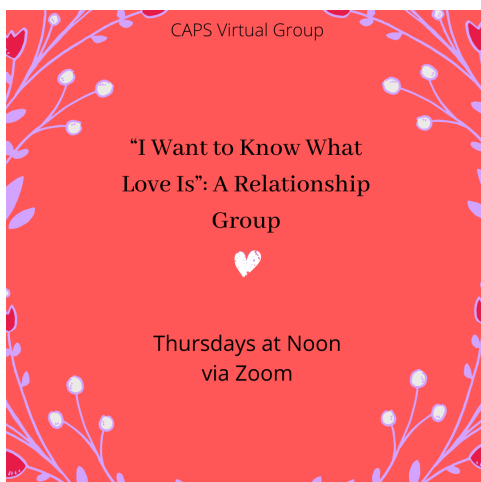
Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each in understanding and coping with family relationships.



12PM, Womxn of Color Collective (WOCC) (Drop-In)

Join us in creating community with SSU womxn 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!

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.



Thursdays 2PM, Building Connections for Men: (Process) Group

This group is designed to help men connect socially with others. Group members will work on gaining social confidence in a supportive setting. This group welcomes any male-identified SSU student who wishes to build better connections with others.



Thursdays 3PM, Womxn's (Process) Group

Join with other SSU womxn to share your unique story, receive, and provide support in a confidential environment. Issues of discussion may include but are not limited to: relationship difficulties, life balance, stress management, trauma, negotiating identities, assertiveness, body image, and self-esteem. Empower yourself and each other!

Fridays



11AM, Common Thread: LGBTQIA+ Support (Drop-In) Group

A support group designed to provide a safe and confidential space for SSU students who identify 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 identify within the LGBTQIA+ community, including those questioning, are welcome.



1PM, Mindful Self-Compassion (Drop-In) Group: Pathways to Self-Acceptance, Inner Strength, and Resilience

In this group, you will learn how to engage in mindfulness and self-compassion. Come experience a variety of self-care and mindfulness practices to enhance well-being, feel more centered in the face of difficult situations, and cope with anxiety, stress, and challenging emotions. Find new ways to not just manage overwhelming emotions but to also accept them!

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