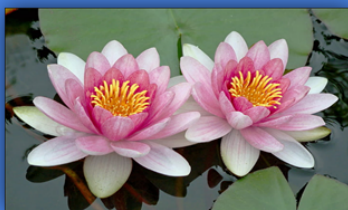


**SONOMA  
STATE  
UNIVERSITY**

**COUNSELING  
& PSYCHOLOGICAL  
SERVICES**

# CAPS CARES

## An Update for Our Campus Community



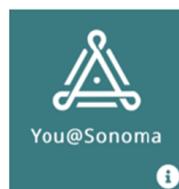
### Counseling Services

Our front office is open for walk-in appointment scheduling and crisis appointments. We will continue to provide most routine services by telehealth. Don't forget that you can call in at any time to receive counseling support!

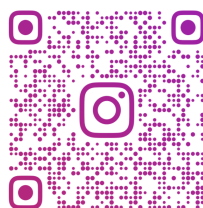
Call us 24/7 at:  
**(707) 664-2153**

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

### Media Platforms



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



Or visit us on Instagram

### New Workshop!

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

**Next session will be on 2/22!**

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

**SONOMA  
STATE  
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**COUNSELING  
& PSYCHOLOGICAL  
SERVICES**

For On-Call Counseling Services, You can reach CAPS 24/7 at (707) 664-2153.

To schedule an appointment, 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

Spring has SPRUNG! Can you believe we are already through half the year?

We are in another period of transition as more students return to campus. For some it may feel exciting to get back into the routine of being on campus, yet for others it may be nerve-wracking to see more people in the buildings as COVID is still a concern. Maybe you feel both excited and nervous. A big part of navigating through this pandemic has been finding ways to live with the unknowns. If you find yourself stressed out over this uncertainty, please check out our new drop-in group “What to Know about Not Knowing: Thriving Through Uncertainty.”

Another stress-buster is practicing mindfulness and self-compassion, and we have a drop-in group for that too! You can find out more about our groups and workshops at the end of this newsletter. We may all be weathering the same storm together as a community, but we are not all in the same boat. Please pay attention to and take care of your mental and physical well-being as we begin this school year. And if you have the mental space, check in on your friends.

As we know, stress can affect us in many ways. It may negatively impact our mood, as well as our physical well-being, like our immune system, ability to get good rest, or appetite. Feeling stressed is not fun, yet stress is on a spectrum. Having some stress can be motivating and aid us in accomplishing our to-do's, while too much can hinder our ability to succeed. We encourage you to check in with yourself and your stress level throughout the semester. If you need support, give CAPS a call! We offer brief individual therapy, group therapy, workshops, and many other platforms to support our Sonoma Seawolves. We are here to help you be the best you.

With Love & Solidarity,

CAPS TEAM

## 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 out 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.



## New Spring 2022 Workshops



### Keep A Seawolf SAFE with Dr. Andrew Kerlow-Myers

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

#### Current Training Dates:

1/27, Thurs, 3-4:30pm

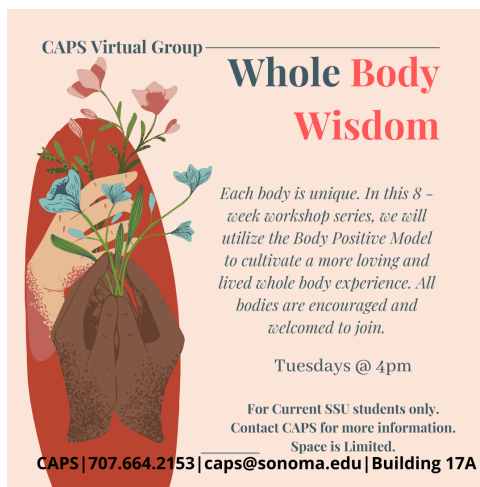
2/22, Tues, 10-11:30am

3/30, Wed, 2-3:30pm

4/29, Fri, 10-11:30pm

5/12, Thurs, 3-4:30pm

**Zoom Meeting ID: 838 1190 1212**



### Whole Body Wisdom: An 8-Week Workshop

Join a confidential, supportive space for SSU students to share their lived experience within the body. In this 8-week workshop series, we will utilize The Body Positive model and integrate mindfulness, self-compassion, and community building to cultivate whole body wisdom. Together, we will cover the five core competencies from The Body Positive: reclaiming health, practicing intuitive self-care, cultivating self-love, declaring your own authentic beauty, and building community. All bodies are encouraged and welcomed to join.

**Tuesdays at 4PM**

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

## Nature-Based Workshop Series

IN THIS WORKSHOP, WE WILL GATHER IN A CONFIDENTIAL AND SUPPORTIVE SPACE TO EXPLORE OUR RELATIONSHIP WITH THE NATURAL WORLD AND ENGAGE WITH PRACTICES THAT DEEPEN OUR CONNECTION TO OUR SELF, OTHERS, AND THE NATURAL WORLD.



For Current SSU students only. Contact CAPS for more information.  
Space is limited.

CAPS | 707.664.2153 |  
caps@sonoma.edu | Building 17A

## Nature Based Workshop Series

In this workshop, we will gather in a confidential and supportive space to explore our relationship with the natural world and engage with practices that deepen our connection to ourselves, others, and the natural world. Reach out to CAPS for more information.

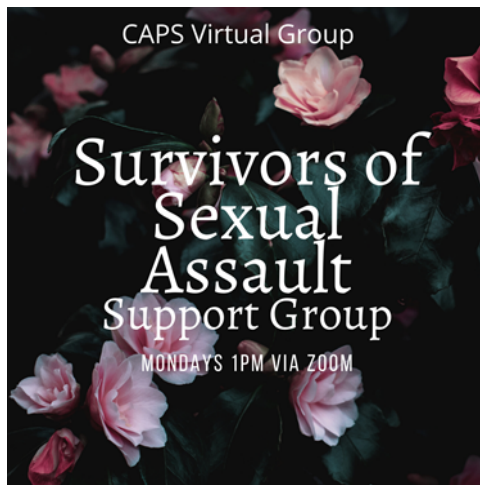
**Select Fridays @ 2PM**

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

## Spring 2022 GROUPS

### Mondays

#### 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.

**Call or email CAPS to register for the group**

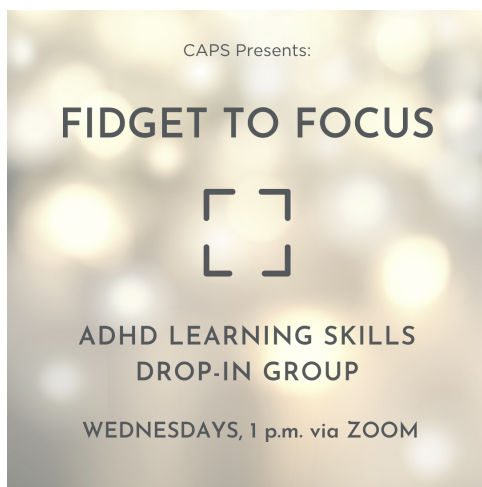


### **Mondays 2PM, Mindful Self-Compassion (Drop-In) Group: Pathways to Self-Acceptance, Inner Strength, and Resilience**

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 honor and accept them!

**Meeting ID: 812 4844 1367**  
**Starting February 7th**

## **Tuesdays**



### **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!

**Call or email CAPS to register for the group**





### **Tuesdays 12PM, 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.

**Call or email CAPS to register for the group**

## **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.

**Call or email CAPS to register for the group**

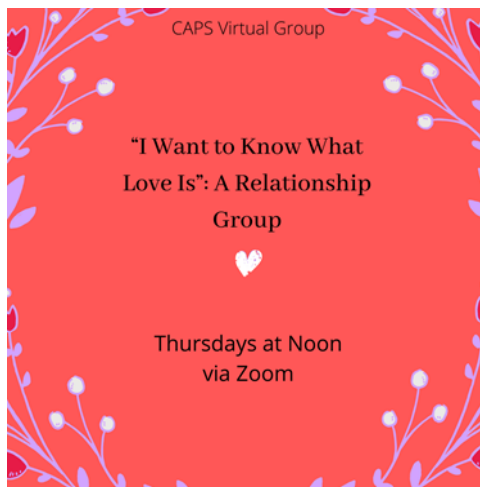


**Wednesdays 12PM, Womxn of Color Collective (WOCC) (Drop-In)**

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**

**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.

**Call or email CAPS to register for the group**



## Fridays



### **Fridays 12PM, What to Know About Not Knowing: Thriving Through Uncertainty (Drop In) Group**

Join a confidential, supportive space for SSU students to share experiences about this ever-changing and challenging time. Cultivate wellness through mutual support, empowerment, community building, coping skills, mindfulness, self-compassion, and creative expression. Together, we will work through issues such as COVID/Decision/Change fatigue, disappointment, isolation, FOMO, grief/loss and anxiety about one's health, our loved ones, and the future.

**Zoom Meeting ID: 819 1025 0457**

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