



# CAPS CARES

## An Update for Our Students



### Services

CAPS IS HERE FOR YOU. Our counselors are available to meet with you by phone or ZOOM. Please call to set up a time to talk. We also have a variety of groups that we offer on a weekly basis. Please see below for groups info!

### Mindful Motivation

Each week we would like to share a little motivation to help get your week started off with a moment of mindfulness. See below for more!

### Feel Good Friday

Each week we will also be sharing the self-care activity that was suggested during the Feel Good Friday self-care group that we offer on Fridays at 1pm!

### Office Hours:

Monday - Friday 9:00 A.M. to 12:00 P.M. and 1:00 P.M. to 4:00 P.M. For immediate response, you can reach an on-call counselor 24/7 at **(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.





## Mindful Motivation

"It's okay to grieve the loss of what you thought these next few months would bring" – Dr. Jenn Hardy. As we approach the end of the academic year, please remember that it's ok to feel sorrow, to feel despair, to feel joy, to feel comfort, to feel solace, or to even feel peace during these chaotic times. The future is completely unknown at this point in time and that can be scary for some and exciting for others. Please be kind and patient with yourself and others as we navigate these uncharted waters. You are doing everything you can, even if it doesn't always feel like you are. Remember, just one foot in front of the other. We are here to support you as needed. Take care. - Dr. Courtney Avvampato

## Feel Good Friday: Self-Care Suggestion!

Listen to a guided meditation about building a secure, sacred or safe place in your mind. Draw, paint, or journal about this place.

If you are in need of inspiration for a guided meditation our wonderful clinician, Dr. Elisa Vasquez, has pre-recorded a meditation about find a safe space. This can be found by following the link below or on the Resource page of our website.

<http://web.sonoma.edu/counselingctr/SafePlaceGuidedMeditation.m4a>

SSU Consent and Respect Education Students and  
Confidential Advocacy Present:

# Take Back the Night: Healing Through Art and Creativity



We are inviting you as Sonoma State students  
to share your story through art and creativity  
or a message of support to survivors.

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Please submit poetry, stories, art pieces,  
song lyrics, or any other form of creative  
work by May 1st via the Take Back the Night  
Google Form.

Email [barragaj@sonoma.edu](mailto:barragaj@sonoma.edu) for more information

Take Back The Night is historically a space for survivors/victims to share their stories and come together as a community to unite against sexual violence.

Since we are not able to hold a physical space on campus, **we are inviting you as students to share your story through art and creativity or a message of support to survivors. Please submit poetry, stories, art pieces, song lyrics, or any other form of creative work.**

Susan Pulido, Sonoma State's Confidential Advocate and the SSU Consent and Respect Education Student interns will be creating two physical books of the submissions to commemorate and honor this year's Take Back the Night at Sonoma State. These physical books will be held in Susan's office as well as in CAPS.

**Please upload submissions by May 5th.**

Google Forms requires you to sign in with your Google account to upload an image, but your information will be kept confidential by our team.

To submit your creative piece please use our Google Form:

[SSU Take Back The Night: Healing and Support Through Art and Creativity](#)

# GROUPS

## Currently Running!

### **Fidget to Focus: An ADHD Support Group, with Dr. Courtney Avvampato**

Email [avvampat@sonoma.edu](mailto:avvampat@sonoma.edu) to join!

Mondays at 1:00 P.M.

- This is a weekly group designed to teach skills for managing symptoms of ADHD. We will discuss how to stay on top of academic demands while developing coping strategies to help maintain focus. A formal ADHD diagnosis is not necessary for this group.

### **Mindful Self-Compassion Group, with Dr. Irene Wise**

Email [wisei@sonoma.edu](mailto:wisei@sonoma.edu) to join!

Tuesdays at 11:00 A.M.

- This group will help you increase compassion for yourself and others. You will learn and experience practices for dealing with difficult emotions, navigating challenging relationships, and softening your inner critic.

### **Black Student Focus Group, with Dr. Dianna Grayer and Miana Coleman**

Drop-In via Zoom: Tuesdays, 1-2 P.M. <https://SonomaState.zoom.us/j/554378950>

& Wednesdays, 12-1 P.M. <https://SonomaState.zoom.us/j/597981695>

- Explore your thoughts, feelings, concerns, and issues in a supportive environment
- Please give us your feedback on what topic you would like to discuss: [Feedback Form](#)

### **Womxn of Color Collective, with Dr. Isabel Avila Saiter, Dr. Dianna Grayer, and the HUB Staff**

Email [avilai@sonoma.edu](mailto:avilai@sonoma.edu) to join!

Wednesdays at 1:00 P.M.

- 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!

### **Not the Perfect Family Group, Dr. Courtney Avvampato**

Email [avvampat@sonoma.edu](mailto:avvampat@sonoma.edu) to join!

Fridays at 10:00 A.M.

- This group provides supportive space to discuss family concerns: concerns that are occurring now and concerns from the past that are affecting you now. Group members will support each other in understanding and coping with family issues.

## Feel Good Fridays: A Self-Care Group, with Melle Browning, LMFT

Email [browningm@sonoma.edu](mailto:browningm@sonoma.edu) to join!

Fridays at 1:00 P.M.

- Come and focus on healing and wellness through art, soothing sensory tools, and progressive relaxation and mindfulness practices. No art skills needed! It's the process, not the product, which is healing.

Please be advised that all groups and workshops are for currently registered Sonoma State students ONLY. All groups and workshops will be offered via Zoom. If interested, please email the clinician who is facilitating the group that you are interested in joining.

We would also love to hear you about any other groups or workshops that you'd like CAPS to offer in the future

# Thank you! Stay well!