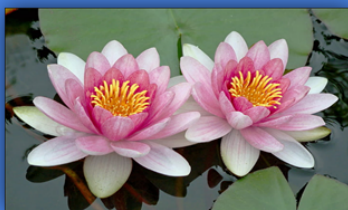


**SONOMA
STATE
UNIVERSITY**

**COUNSELING
& PSYCHOLOGICAL
SERVICES**

CAPS CARES

An Update for Our Campus Community



Counseling Services

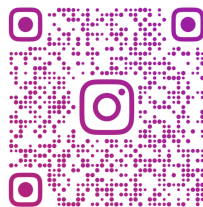
Services are in-person. Don't forget that you can call in at any time to receive counseling support!

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

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

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

Media Platforms



Visit us on Instagram

WELCOME BACK!

Hello Seawolves!!! Welcome back to returning students and a special welcome to our new students! 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 out of the area, please call CAPS to see if a telehealth appointment can be scheduled.

**SONOMA
STATE
UNIVERSITY**

**COUNSELING
& 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

Appointment Hours: Monday/Tuesday 8 a.m. to 6 p.m.,
& Wednesday/Thursday/Friday 8 a.m. to 5 p.m.

Front Desk Hours: M-F 9 a.m. to noon and 1 to 4 p.m.

For emergency situations that involve immediate risk of harm to self or others, please immediately call 911 or go to the nearest emergency room.

A Word from CAPS

CAPS would like to extend a warm welcome (and welcome back) to new and returning students alike! We hope you experienced some relaxation, rejuvenation, and joy over the summer. We want to offer encouragement and support as students take their first few strides back into the marathon of being a student this Fall 2024 semester!

Balancing the demands, roles, relationships, and responsibilities of being a student can feel like a herculean feat, not unlike that of an Olympian athlete. CAPS is here to coach you through the events of life by reminding you of your resilience, empowering your strengths, and supporting your self-awareness so that you can skillfully navigate the self-care, community, and healthy limits needed to create a sense of belonging, wholeness, and success. As gold medalist Simone Biles says, "Stay healthy, have fun with it, and embrace all the moments. Because anything can happen."

Be like Simone: Self-advocate, unapologetically seek support and community, and persevere one step (or double layout with a half-twist) at a time. CAPS is here to be part of your support team, providing opportunities for the mindfulness, hope, and perhaps even fun that Simone Biles speaks of. Give CAPS a call if you need support balancing the stresses of your life as a student. You don't have to carry the torch alone!

Call 707-664-2153 to schedule an initial consultation. We offer brief individual therapy, group therapy, workshops, and many other services in support of our Sonoma Seawolves. CAPS also offers 24/7 immediate crisis counseling. During our business hours you can come to CAPS (Building 17A) and after hours you can call in and speak with our on-call providers.

With Love & Solidarity,
The CAPS TEAM



A Word From Kellie Douglas, our SSU Confidential Advocate!

Confidential Advocacy has moved!

If you're looking for confidential advocacy, you can now find me in the new Noma Cares Central office in Zinfandel 100, across from the mailroom! Noma Cares is a one-stop shop for all of your support needs - from advocacy to basic needs, the CARE Team, the career closet, and more! My new office is warm and inviting, allowing for confidentiality and privacy. Confidential advocacy continues to be a confidential resource for addressing sexual assault, intimate partner violence, domestic violence, stalking, sexual exploitation, and harassment. To schedule an appointment with me, email douglask@sonoma.edu, call (707) 664-2698, or stop by my new Noma Cares Central office!



Noma Cares
Sonoma State
University



Fall 2024 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:

Signs that a student may be struggling, how to
Ask students how they are doing, how to
Focus on referring to appropriate resources, and how to
Escort a student to CAPS, whether in-person or virtually

Thursday, Sept 19th, 4pm to 5:30pm
or by request (see our groups page online)

Location: CAPS, Building 17A



WELLWolves

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

Fall 2024 GROUPS

Mondays



Mondays @ Noon, Autism Support (Process) Group

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 this group.

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

Location: CAPS, Building 17A



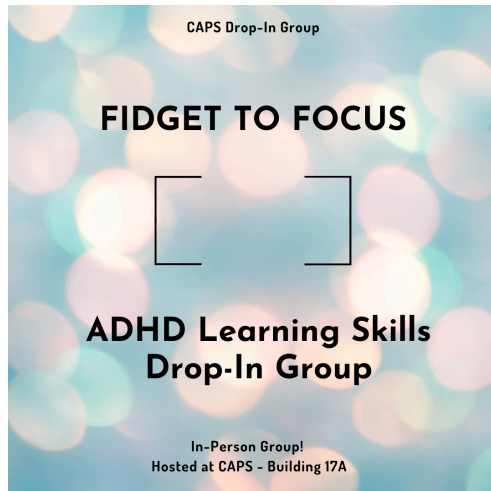
Mondays @ 5PM, Common Thread: LGBTQIA+ Support (Drop-In) Group

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.

**Start date is Monday, Sept 16th!
Call or email CAPS to register for this group!**

Location: CAPS, Building 17A

Tuesdays



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

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!

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

Location: CAPS, Building 17A



Tuesdays @ 3PM, "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

Wednesdays



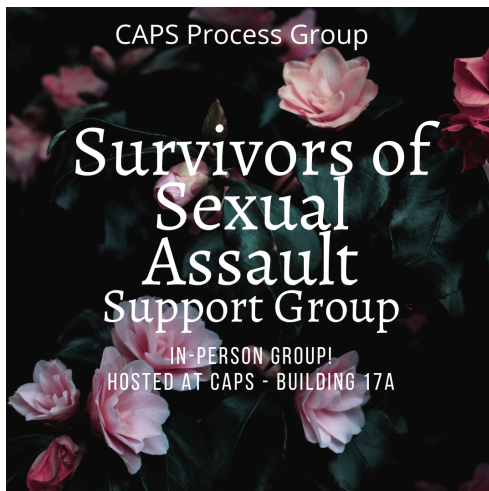
Wednesdays @ 12PM, Women of Color Collective (WOCC) at The HUB

The Women of Color Collective (WOCC) is a weekly community building and discussion space facilitated by a WOC clinician from CAPS. Share and be inspired by our collective stories as WOC SSU students. Connect, support, empower and share resources and kinship as we navigate the joys and challenges of our beautiful intersectional experiences. This group is for all Cis and Trans women, as well as non-binary SSU students who are comfortable in a space that centers on the experiences of women.

**Start date is Wednesday, Sept 11th!
Call or email CAPS to register for this group!**

Location: The HUB

Thursdays



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!