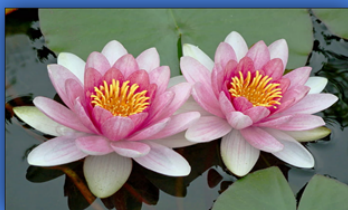


**SONOMA  
STATE  
UNIVERSITY**

**COUNSELING  
& PSYCHOLOGICAL  
SERVICES**

# CAPS CARES

## An Update for Our Campus Community



### Counseling Services

Hello Seawolves!! **Welcome back** for the Spring 2025 semester!

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](http://caps.sonoma.edu)

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

### Los Angeles Fires Support

CAPS will be hosting a support group for those impacted by the LA Fires on 1/29 at 4pm in the CAPS building.



Visit us on Instagram

### Budget Deficit Reduction Plan Support

Drop-In Support Groups for Student Athletes will be held on Friday, Jan 24th, 4 to 5pm, and on Tuesday, Jan 28th, 1 to 2pm in the Russian River Valley Room

Drop-In Support Groups for all students impacted will be held on Thursday, Jan 30th, 3pm to 4pm, in the Russian River Valley Room, and on Wednesday, Feb 5th, 2pm to 3pm, in the Alexander Valley Room

**SONOMA  
STATE  
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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.

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**

Welcome to the Spring Semester! As we embark on another academic term, we want to take a moment to extend a warm welcome and remind you that you are not alone in your journey. The start of a new semester can bring both excitement and challenges, and this year may present its own set of uncertainties. We are starting the Spring semester with sobering news about budget cuts and department closures on our beloved campus, significant socio-political shifts and unknowns, and recovery from the devastating fires in Los Angeles. Please reach out to CAPS if you are impacted by these events and need support. In times of stress or difficulty, it's important to remember that mental health matters and taking care of yourself is just as important as any exam or deadline. It's okay to seek help, take breaks, and prioritize your well-being.

Our Counseling and Psychological Services team is here for you, offering a range of resources and support to help you navigate the ups and downs of university life. Whether you're feeling overwhelmed, struggling to balance responsibilities, or just need someone to talk to, we encourage you to reach out. No concern is too small, and we are committed to supporting your mental health every step of the way.

This semester is a fresh opportunity for growth, and no matter what challenges arise, you have the resilience and strength to persevere. You've already shown tremendous courage by showing up, and we are here to walk with you through the entire journey.

Wishing you all the best for a successful, fulfilling, and balanced spring semester. Remember to take care of yourselves, and don't hesitate to reach out to CAPS whenever you need support.

With Love & Solidarity,  
The CAPS TEAM

## Confidential Advocacy

Confidential Advocacy is a confidential resource that is here to support students, staff, and faculty that may have experienced harm such as sexual assault, dating or domestic violence, stalking, harassment, or discrimination. View our brochure at <https://caps.sonoma.edu/confidential-advocacy> for more information, and scan the QR code to find additional support and resources.



Stay tuned for Sexual Assault Awareness Month in April! Confidential Advocacy will be partnering with CAPS, OPHD (Title IX), Athletics, REACH, and other campus departments to host events throughout the month to raise awareness of sexual assault and support available on our campus and in our community. Join us for Take Back the Night, an event for survivors and allies, on April 23rd!

If you are interested in co-hosting an event with our advocacy department, would like a presentation for a club, class, or group, or would just like to learn more about what a confidential advocate can offer, please reach out to Kellie Douglas at [douglask@sonoma.edu](mailto:douglask@sonoma.edu)!



## CAPS Resource Meetings

Crista Facciolla (she/her) graduated from Sonoma State University in 2018 with Bachelor's degrees in Global Studies and Women and Gender Studies. She studied abroad, completing an internship in the West Bank, serving with various non-governmental organizations to enhance health, human rights, rehabilitation, water resource management, and agriculture in the region. After graduating from SSU, Crista worked in the fields of labor union and political organizing, homeless outreach and street-based mental health, and substance use and harm reduction. She is a certified Community Health Worker and is completing her Master of Public Health at Boston University. She is most passionate about improving access to care, connecting unhoused students to services, and advancing overdose prevention initiatives.

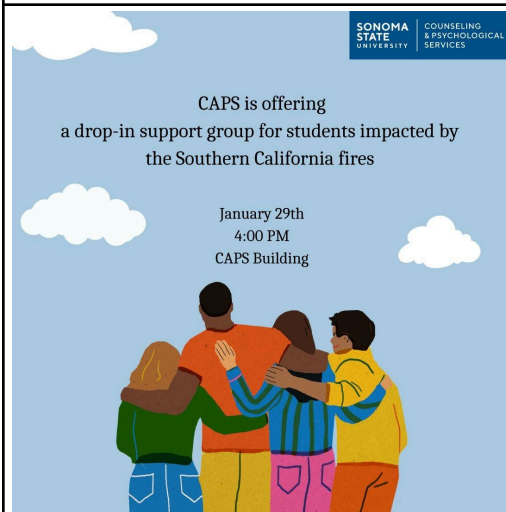


**HOMEFIRST**  
Where Homelessness Ends.



Crista is available at CAPS for Resource Meetings to assist students in applying for Medi-cal, CalFresh, cash assistance for families, short-term disability income, childcare, transportation help, support navigating Sonoma County's legal system, and homeless services. She also has experience working to connect clients to primary care, gender-affirming services, substance use treatment, community therapists, etc. To schedule an appointment with Crista, call CAPS at (707) 664-2153 or walk in during business hours.

## Spring 2025 Workshops

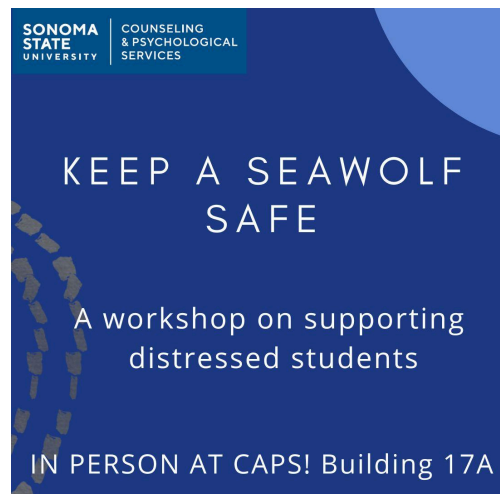


### SoCal Strong: Drop-In Support

If you or someone close to you has been affected by the Southern California fires, we are here to offer support. Whether dealing with a recent loss or past experiences with fires we are here to help you heal. Together, as a community, we can connect and move forward during this challenging time. No registration required. We hope to see you at CAPS!

**Wednesday, January 29th, 4pm to 5pm**

**Location: CAPS, Building 17A**



### 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

**Thursday, February 13th, 2pm to 3:30pm**  
*or by request (see our groups page online)*


**Location: CAPS, Building 17A**

	<p><b>WELLWolves</b></p> <p>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.</p> <p><b>Call or email CAPS to request this workshop!</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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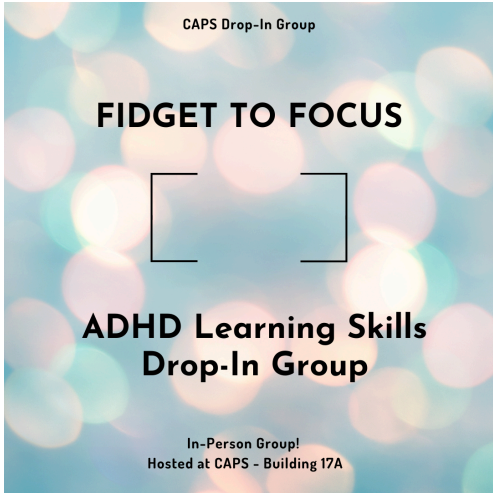
## Spring 2025 GROUPS

### Mondays

	<p><b>Mondays @ Noon, Autism Support (Process) Group</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 this group.</p> <p><b>Start date will be announced soon.</b>  <b>Call or email CAPS to register for this group!</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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	<p><b>Mondays @ 5 PM, Common Thread: LGBTQIA+ Support (Drop-In) Group</b></p> <p>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.</p> <p><b>Start date is Monday, January 27th!</b> <b>Call or email CAPS to register for this group!</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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## Tuesdays

	<p><b>Tuesdays @ 11AM, 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>Start date is Tuesday, February 4th!</b> <b>Call or email CAPS to register for this group!</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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### **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, January 29th!**

**Call or email CAPS to register for this group!**

**Location: The HUB**



## Thursdays

### Thursdays @ 12PM, Not The Perfect Family

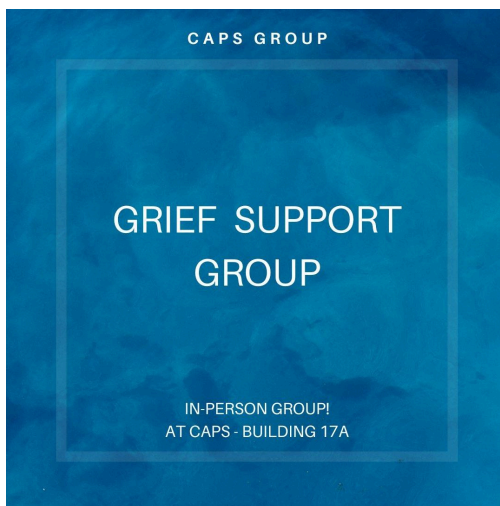


Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each other in understanding and coping with family relationships.

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

**Location: CAPS, Building 17A**

### Thursdays @ 3PM, Grief Support Group

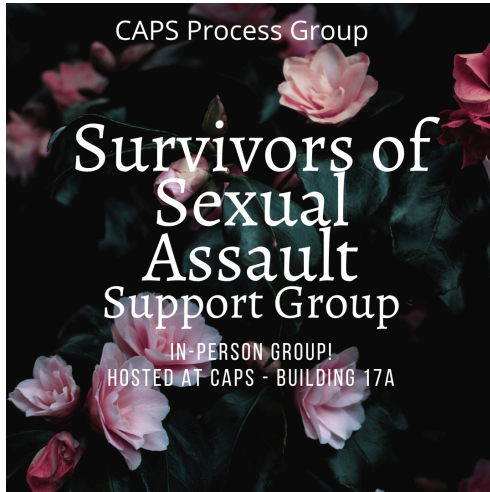


This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences and building empathy and mutual support.

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

**Location: CAPS, Building 17A**

**DATE/TIME TO BE DETERMINED**

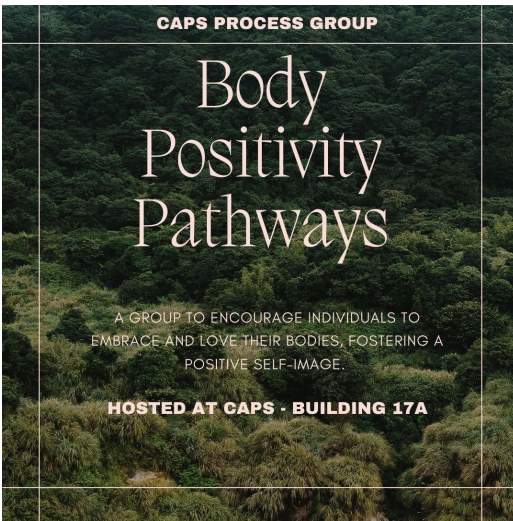


**Survivors of Sexual Assault (Process) Group**

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**

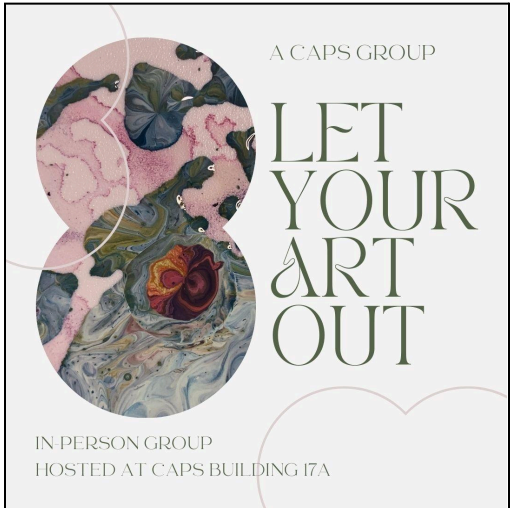


**Body Positivity Pathways (Process) Group**

Body Positivity Pathways Group provides a safe, supportive space where individuals can explore and embrace their unique bodies, free from judgment. Through open discussion, self-compassion exercises, and empowerment practices, we work together to challenge societal standards and build a healthier relationship with our bodies. Every journey is respected, and together, we celebrate self-love, growth, and acceptance.

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

**Location: CAPS, Building 17A**

	<p><b>Art Therapy (Process) Group</b></p> <p>Join our Art Therapy Group, where creativity meets healing. In a supportive, non-judgmental space, you'll explore your emotions, express yourself through art, and connect with others on a journey toward personal growth and wellness. No artistic experience required—just an open heart and mind.</p> <p><b>Start date will be announced soon. Call or email CAPS to register for this group!</b></p> <p><b>Location: CAPS, Building 17A</b></p>
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**Remember to reach out if you need support! CAPS CARES!**