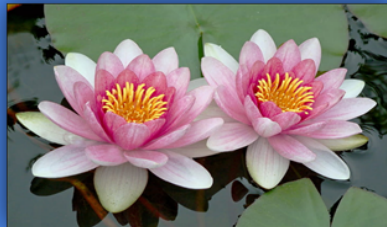


**SONOMA
STATE
UNIVERSITY****COUNSELING
& PSYCHOLOGICAL
SERVICES**

CAPS CARES

An Update for Our Campus Community



Counseling Services

Hello Seawolves!! **Welcome back** for the Fall 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 information on CAPS services, find us at caps.sonoma.edu, or email us at caps@sonoma.edu

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

Follow us on Instagram for updates!



Mental Health Awareness Week

To commemorate Mental Illness Awareness Week (10/5-10/11) CAPS and our Mental Health Ambassadors will be hosting CAPS Mental Health Awareness Week from Monday, October 6th through Friday, October 10th!

Come visit the CAPS table to learn more about CAPS services and mental health resources. And stay tuned for more events and activities!



Kevin Hines: It's Okay to Not be Okay

Kevin Hines is an author, documentary filmmaker, and global public suicide prevention speaker.

He shares his personal story of mental health struggles, his survival after attempting suicide by jumping off of the Golden Gate Bridge, and his ongoing suicide prevention initiatives.

Time: November 19th, 7:00 PM
Place: Student Center Ballroom A



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 8am to 6pm,
& Wednesday/Thursday/Friday 8am to 5pm

Front Desk Hours: M-F 8am to noon and 1pm to 5pm

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 to all new and returning students! We acknowledge that the previous academic year was a tumultuous time for the SSU community due to several local, national, and global issues. Due to the stress and uncertainty from last year, many students are likely experiencing feelings of anxiety alongside excitement about the upcoming semester. Taking on these emotions alone can feel overwhelming, and we encourage everyone to engage with their support systems and community as a way to care for yourself and support one another. As always, CAPS is here to be a part of that support system whenever it is needed, and to ensure that every seawolf has a space to be heard.

With Love & Solidarity,
The CAPS TEAM

Staff Announcements



Mira Fielding

Mira joins CAPS as our new Analyst and will usually be the first face you see at our front desk and the first point of contact for students reaching out to CAPS. Mira brings a background in mental health advocacy and a commitment to social equity. With experience designing and implementing youth-focused initiatives, Mira supports the mission of empowering students through meaningful engagement, mentorship, and community collaboration. Passionate about uplifting marginalized voices and promoting a more inclusive environment built on the intersectionality of people's lived experiences, Mira received her Bachelors of Arts at Sonoma State in Women's and Gender Studies with a concentration in Youth Activism.



Taylor Griner, M.S./Ed.S.

Taylor joins CAPS as our newest Staff Psychotherapist. Taylor received their Masters of Science and Education Specialist degree in Mental Health Counseling from Florida State University. Their training includes working in community mental health throughout Tallahassee, FL and Knoxville, TN as well as previous university counseling at Florida State University. They have experience working with trauma, mood disorders, anxiety, and relational concerns. Taylor's clinical interests include family of origin concerns, trauma, LGBTQIA+ identity concerns, and life adjustments. Taylor utilizes a person-centered approach, prioritizes building rapport and safety, and utilizes techniques focusing on mindfulness, dialectics, as well as EMDR.

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.



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 like to learn more about what a confidential advocacy can offer, please reach out to Kellie Douglas at douglask@sonoma.edu!



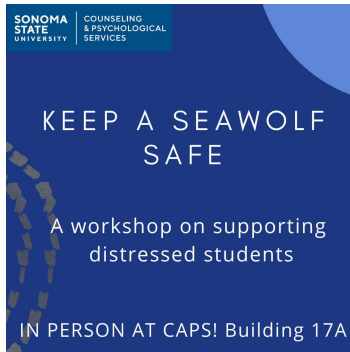
Mental Health Ambassador CAPS Internship Program!

Our Mental Health Ambassadors are an integral part of how CAPS reaches students and informs the campus about our mental health services. Each semester, they actively engage in outreach by tabling and providing presentations about CAPS and mental health related topics such as self care. Last year our Mental Health Ambassadors made a splash hosting Pride Fest, a mental health fair emphasizing resources for the LGBTQIA+ community as well as resources for bolstering overall well-being.

Wave hello to our current cohort of MHA's when they are out tabling or presenting on campus! If you would like our MHA's to table or present at your event or during a class please email us at: caps@sonoma.edu



Fall 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.

Thursday, October 9th, 3:30pm to 5pm
Thursday, November 20th, 3:30pm to 5pm
or by request (see our groups page online)

Location: CAPS, Building 17A



WELLWolves

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.

Call or email CAPS to request this workshop!

Location: CAPS, Building 17A



Let Your Art Out: Workshop Series

Join our Art Therapy Workshops, where creativity meets healing. 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.

Tuesday September 23rd, 3:00 PM - 4:00 PM
Tuesday October 28th, 3:00 PM - 4:00 PM
Tuesday November 25th, 3:00 PM-4:00 PM
Location: CAPS, Building 17A

Have an idea for a workshop that you want to see at CAPS?
Let us know!

Fall 2025 Drop-In Groups

Prior Registration not required. Drop in and check it out!

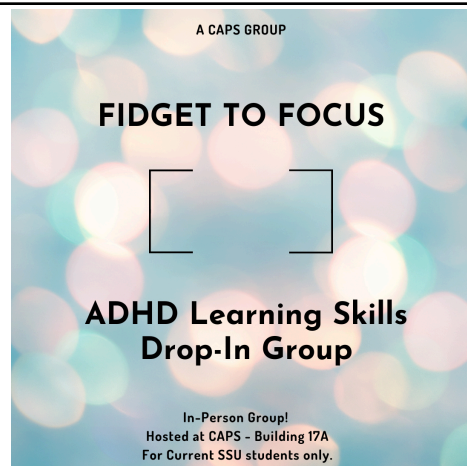


Common Thread: LGBTQIA+ Support Group

Mondays at 5pm

Hosted at CAPS - Building 17A

Start Date: Monday, September 8th!

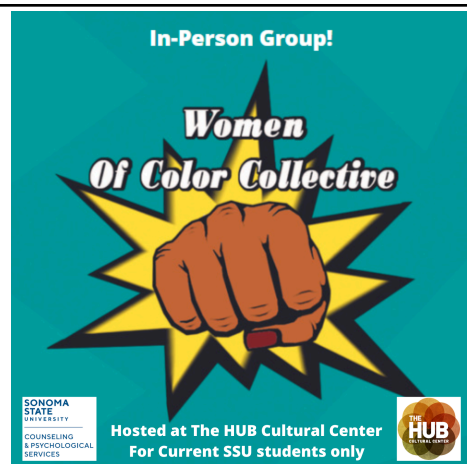


Fidget to Focus: ADHD Learning Skills Group

Tuesdays at Noon

Hosted at CAPS - Building 17A

Start Date: Tuesday, September 9th!



Women of Color Collective

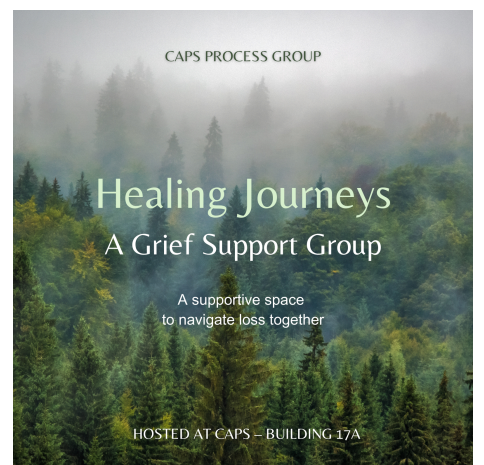
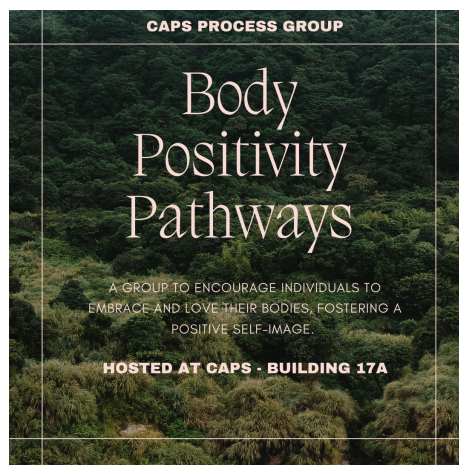
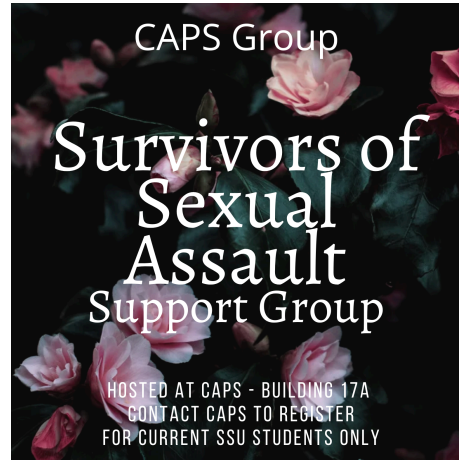
Wednesdays at Noon

Hosted at the HUB

Start Date: Wednesday, September 3rd!

Fall 2025 Process Groups

Prior Registration is Required and Start Dates are TBD
Call or Email CAPS to find out more or sign up!



To learn more about our groups, please use the QR code provided!