

**SONOMA
STATE
UNIVERSITY**

**COUNSELING
& PSYCHOLOGICAL
SERVICES**

CAPS CARES

An Update for Our Campus Community



Counseling Services

Hello Seawolves!! **Welcome back** for the Spring 2026 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!



Sexual Assault Awareness Month (SAAM)

April is Sexual Assault Awareness Month. Check out these events co-hosted by CAPS and Confidential Advocacy

4/7 and 4/14 - Be on the lookout for our Mental Health Ambassadors who will be facilitating the clothesline project.

4/29 - Rock your favorite denim for Denim Day!

4/30, 6pm, at the HUB - Join CAPS and Confidential Advocacy for **Take Back the Night!**

Mental Health Ambassadors Spring Passion Project

This semester our team of Mental Health Ambassadors will be hosting a mental health event as part of their Spring Passion Project!

Last Spring Semester was a Pride event featuring vendors from the community, dancing, makeup tutorials and more!

This year's theme:

Mental Health Across Cultures

4/22

**Seawolf Plaza
11am to 1pm**

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

We would like to welcome back our SSU students as well as the entire SSU community for another Spring semester! CAPS acknowledges that each student is entering this semester with unique blends of emotions and concerns. Many are feeling the excitement of returning to school and reentering their roles in the campus community. For some, this can feel overshadowed during a time when the larger sociopolitical climate may be creating feelings of uncertainty and sorrow. Regardless of each person's unique circumstances at the start of this new semester and new season, a focus on finding balance in the different facets of life can be invaluable for establishing emotional well-being. Balancing the role of being an informed and engaged community member/student with the need to care for oneself and juggle the stress of daily life can feel like a daunting task, and ultimately, there is not a one size fits all guidebook for achieving this balance. One day we may be ready for engagement and connection, and on another day we may want to move slowly, take a step back, and tune in to what our minds and bodies are needing. Mental health care can play an important role in tending to your needs and charting a course to establish balance, and we encourage all students to reach out for support. Our ability to show up for others and our community starts with showing up for ourselves and asking for what we need.



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, and harassment. View our brochure at

<https://caps.sonoma.edu/confidential-advocacy> for more

information. 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!



Upcoming Events: April is Sexual Assault Awareness Month. In order to build allyship as well as empowering those impacted by sexual assault, Confidential Advocacy and CAPS will be co-hosting events throughout the month.

April 7th and April 14th: Join Confidential Advocacy and our team of Mental Health Ambassadors for the

Clothesline Project! The Clothesline Project started in 1990 as a visual modality to support survivors and build allyship. Shirts have been created by survivors and allies as a form of cathartic expression. As part of Sexual Assault Awareness Month, please join us to bear witness to what our community members have gone through as well as have the chance to create a shirt with your own unique message.

April 29th: Rock your favorite denim for **Denim Day!** Confidential Advocacy and the Mental Health Ambassadors will be out tabling, so wave hello and ask any questions you may have about resources for those impacted by sexual assault. For more information, see

<https://denimday.org>.

April 30th, 6pm, at the HUB: Confidential Advocacy and CAPS proudly present **Take Back the Night!** Please join us for an evening of support and empowerment for sexual assault survivors and allies.



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. In the Fall Semester, the Mental Health Ambassadors provided mental health and well-being resources and activities in honor of Mental Health Awareness week. Last spring semester, they 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. 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.



*** Please provide at least two weeks advance notice for any outreach requests***

Want to get involved with our Mental Health Ambassadors next year? We will be starting recruitment for next year's cohort at the end of the Spring Semester

- Attend an orientation training (TBD) and weekly seminars on Fridays (11am-12pm)
- Co-create and promote an event or action related to mental health and inclusivity
- Engage in campus outreach and CAPS events
- Receive training and professional development on topics of mental health and the intersection of mental health and identities
- Have the opportunity to serve as an advisory committee member for the CAPS Senior Director and the Vice President of Student Affairs

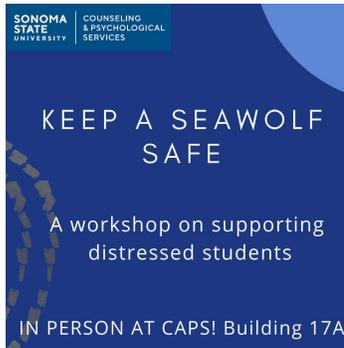
Qualifications:

- Current enrollment at SSU in a full-time or part-time academic capacity (both undergraduate and graduate students are welcome to apply)
- Demonstrate a willingness to examine one's own biases, assumptions, and attitudes
- Have flexibility in your schedule to provide outreach to the campus community

For questions, please email us at: caps@sonoma.edu.

If you are interested in applying, keep an eye out for a call for applications, either at our webpage: <https://caps.sonoma.edu/> or our Instagram: caps_ssu.

CAPS Workshops



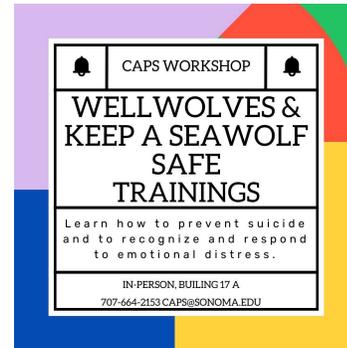
Keep A Seawolf SAFE

Keep a Seawolf SAFE is a 90-minute workshop that prepares SSU students, faculty, and staff to better support distressed students. **Free pizza will be available. Ask your professors if this event qualifies for extra credit!**

March 19th, Thursday: 12pm to 1:30pm
April 8th, Wednesday: 12pm to 1:30pm

or by request (see our groups page online)

Location: CAPS, Building 17A

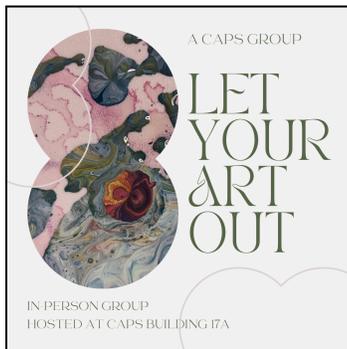


WELLWolves

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.

March 4th, Wednesday, at 3pm
April 8th, Wednesday, at 3pm

Location: CAPS, Building 17A

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

CAPS Drop-In Groups

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

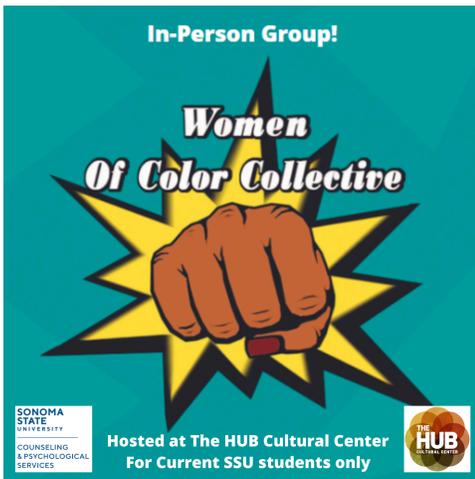


Common Thread: LGBTQIA+ Support Group

Mondays at 5pm

Hosted at CAPS - Building 17A

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.



Women of Color Collective

Wednesdays at Noon

Hosted 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.

CAPS Process Groups

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

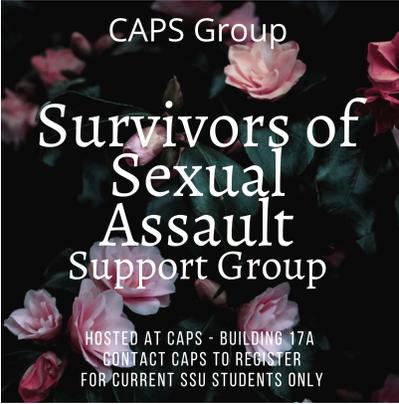
A CAPS GROUP



Building Connections for Men: A Process Group

In Person @ CAPS
Building 17A

CAPS Group



Survivors of Sexual Assault Support Group

HOSTED AT CAPS - BUILDING 17A
CONTACT CAPS TO REGISTER
FOR CURRENT SSU STUDENTS ONLY

Divergent Minds: A Neurodivergence Support Group



IN PERSON
Hosted at CAPS - Building 17A
For Current SSU students only
Contact CAPS to register



A CAPS GROUP

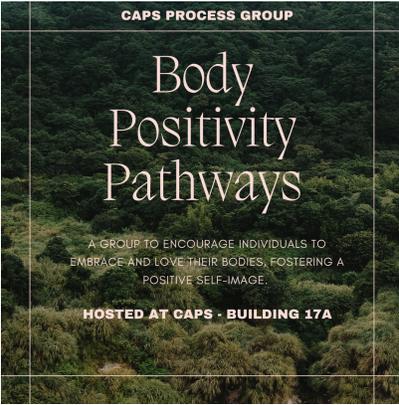
Not The Perfect Family

Hosted at CAPS - Building 17A



Thursdays at Noon

CAPS PROCESS GROUP

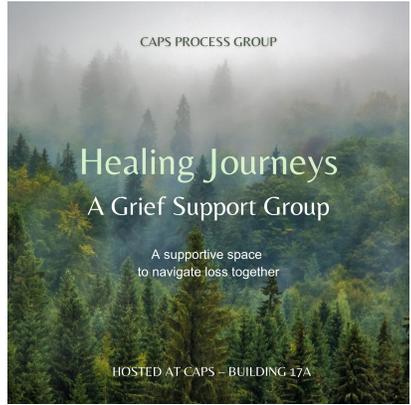


Body Positivity Pathways

A GROUP TO ENCOURAGE INDIVIDUALS TO EMBRACE AND LOVE THEIR BODIES, FOSTERING A POSITIVE SELF-IMAGE.

HOSTED AT CAPS - BUILDING 17A

CAPS PROCESS GROUP

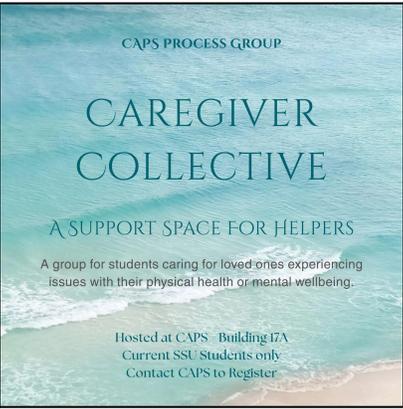


Healing Journeys
A Grief Support Group

A supportive space to navigate loss together

HOSTED AT CAPS - BUILDING 17A

CAPS PROCESS GROUP



CAREGIVER COLLECTIVE

A SUPPORT SPACE FOR HELPERS

A group for students caring for loved ones experiencing issues with their physical health or mental wellbeing.

Hosted at CAPS - Building 17A
Current SSU Students only
Contact CAPS to Register

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

