



CAPS CARES

An Update for Our Students



Counseling Services

CAPS is open and operating remotely! We invite you to contact us today to learn more about all of the counseling services and resources CAPS has to offer during your academic journey. We look forward to speaking with you soon: **(707) 664-2153**. Also, visit our website: **caps.sonoma.edu**

Winter Break

Feeling stressed from finals, or the state of the world? We have expanded same-day counseling coverage during finals week. We also have 24/7 counseling services available throughout the winter break. Simply call CAPS at **(707) 664-2153**. Follow CAPS on Instagram and check out our website for updates on other supportive services.

Keep A Seawolf S.A.F.E.

Would you like to learn more about how to intervene when there is a concern that a student might be suicidal? Come to our upcoming virtual training for SSU students, faculty, and staff to better support distressed students.

Join us on December 3rd from 10-11:30 AM!
Zoom Link: 840 5225 0720



You can reach CAPS 24/7 at (707) 664-2153.

Phone Hours: Monday to Friday 9 a.m. to 12 p.m. and 1 to 4 p.m.

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

On-Call Counseling Service: 24/7: (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.

Winter Break

It's been quite a semester, hasn't it Seawolves? You've powered through moving to remote services and online learning. And many of you live outside of Sonoma County and away from campus and friends. It's been a lot to cope with. You've earned this upcoming break!

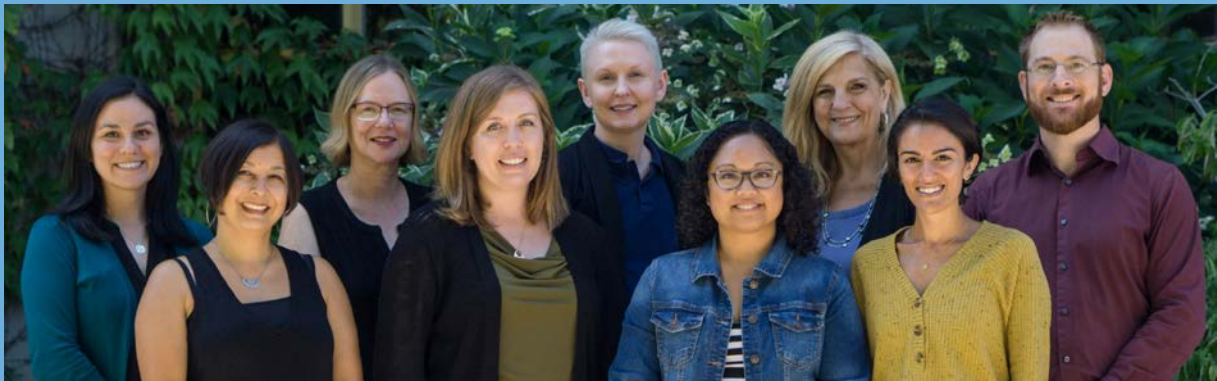
However, even before the COVID-19 pandemic, holidays could be stressful. With the new reality of spreading coronavirus, we now have added stressors such as social distancing and shelter-in-place guidelines. These restrictions may prevent you from gathering with family, friends and loved ones as you usually would. It may mean feeling stuck at home with people that are not supportive or accepting. If you are anticipating the holidays with anxiety or are aware that they can be a lonely or difficult time, it may be important to go into the season prepared with self-care tools and social support plans.

Having a self-care plan can mean developing routines that bring you peace and make you feel nurtured like regular exercise, journaling, nightly baths, or practicing mindfulness. It can also mean treating yourself whether it's that scoop of ice cream, sleeping in after so many late study nights, reading a book for fun, or binge-watching that new Netflix show. Please check out our [self-care and wellness tools](#) on the CAPS website: It includes quick tips, guided meditations narrated by CAPS staff, and suggested online wellness resources or apps.

Also, identify who your allies are wherever you are spending your holidays and lean on them when you need to. Make a plan with friends to stay in touch regularly via text, social media, or even Zoom dates. Let them know if you're having a tough day and reach out if you need support and connection. Without realizing it, you may be offering someone else support through a rough patch too.

Finally, don't forget that 24/7 CAPS support is available throughout Winter Break, even on holidays. Just call our number (707-664-2153) to speak to a counselor. We will look forward to welcoming you back in Spring 2021!

With Love & Solidarity,
CAPS TEAM



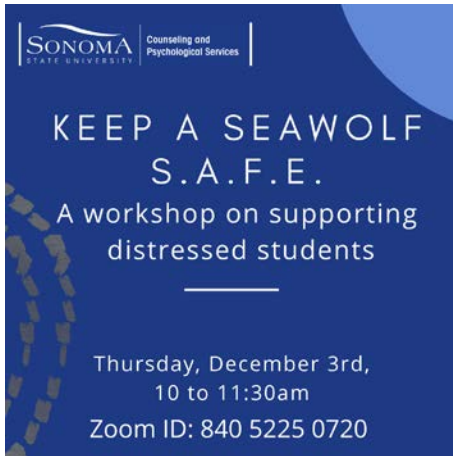
WE'RE ON THE GRAM! GIVE US A FOLLOW @ CAPS_SSU FOR UPDATES ABOUT OUR UPCOMING EVENTS & WORKSHOPS, AS WELL AS SELF-CARE SUGGESTIONS!



How to Hack Your Happiness Chemicals

| Dopamine: The Reward Giver | Oxytocin: That Loving Feeling |
|--|---|
| <ul style="list-style-type: none"> • Complete a task on your to-do list • Engage in self-care activities • Eat good food • Celebrate the little wins • Learn or try something new • Listen to music • Do a puzzle or play a game | <ul style="list-style-type: none"> • Cuddle a pet • Volunteer • Hold hands* • Hug (or ZOOM) a loved one or friend* • Give a compliment or a small gift • Send a letter of appreciation • Share a cup of tea or a meal* |
| Serotonin: The Mood Stabilizer | Endorphins: The Pain Killer |
| <ul style="list-style-type: none"> • Meditate • Enjoy some sunshine • Spend time in nature • Do some form of aerobic exercise • Get regular and sufficient sleep • Practice gratitude • Stay hydrated (alcohol is not hydrating!) | <ul style="list-style-type: none"> • Laugh • Aromatherapy • Sex* • Watch a comedy • Enjoy some dark chocolate or spicy food • Dance (like no one is watching!) • Acupuncture or massage <p>*If you engage in any of these activities, keep it COVID safe!!!!</p> <p style="text-align: right;"><i>Adapted from @sumbu.official</i></p> |

UPCOMING WORKSHOPS & EVENTS!



Keep A Seawolf S.A.F.E. with Dr. Andrew Kerlow-Myers

A workshop on supporting distressed students

Thursday, December 3rd from 10:00AM-11:30AM
Zoom Meeting ID: 840 5225 0720

This is a 90-minute workshop that prepares SSU students, faculty, and staff to better support distressed students and to intervene when they are concerned a student might be suicidal. Join us for a training that could help you save a Seawolf!



Guided Visualization with Dr. Isa Avila Saiter

Monday, December 7th at 11:00 AM
Zoom ID: 838 1164 4276

Learn a relaxation technique and set a self-care intention to help you get through finals!

**Join CAPS for a
Guided Meditation**

Tuesday Dec 8th at 12pm
Part of SSU Virtual Stress Free Zone
Zoom ID: 857 8202 8281

For current SSU students only

Guided Meditation with Dr. Courtney Avvampato

Tuesday, December 8th at 12:00 PM
Zoom ID: 857 8202 8281

Come join CAPS in a brief guided meditation for deep breathing! Deep breathing is a great way to engage in stress relief and self-care.

**Join CAPS for a
self-compassion
hour**

Learn how to weather
difficult emotions

Wednesday Dec 9th at 11AM
Zoom ID: 865 2508 3959

Only for currently enrolled SSU student

Self-Compassion Hour with Dr. Irene Wise

Wednesday, December 9th at 11:00 AM
Zoom ID: 83839134690

The stress of these times can bring up a lot of feelings. Join us to learn how to navigate challenging emotions mindfully and with self-compassion.

**Join CAPS for:
Relaxation Break**



December 10th @11am
Part of SSU Virtual Stress Free Zone
Zoom ID: 843 4843 7844
For current SSU Students only

Relaxation Break with Melle Browning, LMFT

Thursday, December 10th at 11:00 AM
Zoom ID: 843 4843 7844

Join CAPS for a relaxation break! Come enter a no-pressure zone where you can take a moment to relax your body and mind. Using guided relaxation exercises and adaptations for any body type, CAPS offers a space to unwind and recharge. No registration necessary. Open to currently registered SSU students only.



Craft Hour with Dr. Elisa Vasquez

Friday, December 11th at 1:00 PM
Zoom ID: 885 8293 9817

Do you have a favorite craft or hobby that you haven't had much time for? Let's get together to share in the arts or crafts of your choosing! Maybe you're getting into the holiday spirit and want to make decorations. Or maybe you have a coloring book you've been working through. Whatever you choose to bring, let's enjoy some stress-free arts & crafts! Here are some ideas for inspiration!

<https://www.goodhousekeeping.com/home/craft-ideas/g32336151/adult-craft-ideas/>



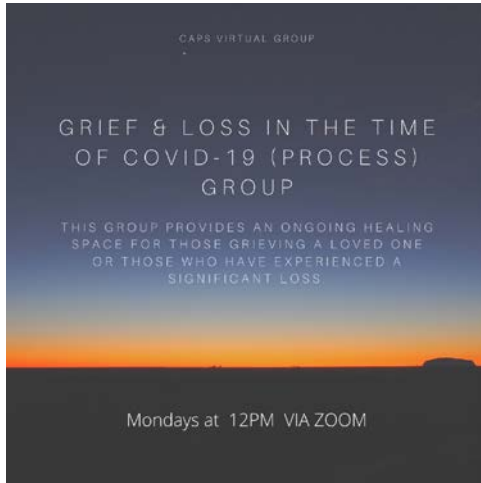
On-Going Post Election Support Group (Drop-In)

Tuesdays at 1PM and Fridays at 11AM
Zoom ID: 81283953387

If events related to the election continue and this impacts our Seawolves, we want to have a group prepared for you that is a supportive and healing drop-in space. You do not have to sign up in order to attend, just drop-in when you feel that you need this space.

FALL 2020 GROUPS

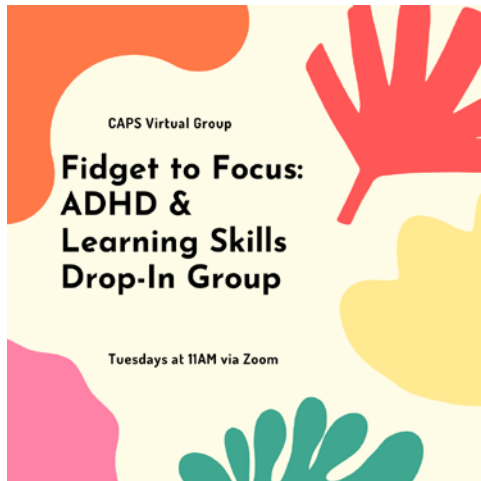
Mondays



12PM, Grief & Loss in the Time of Covid (Process) Group, Facilitated by Dr. Rociel Martinez

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, reflecting on the possible compounding impact of loss during the COVID-19 pandemic (regardless of if loss is related to the virus or not), and building empathy and mutual support.

Tuesdays



11AM, Fidget to Focus: ADHD and Learning Skills (Drop-In) Group, Facilitated by Dr. Andrew Kerlow-Myers

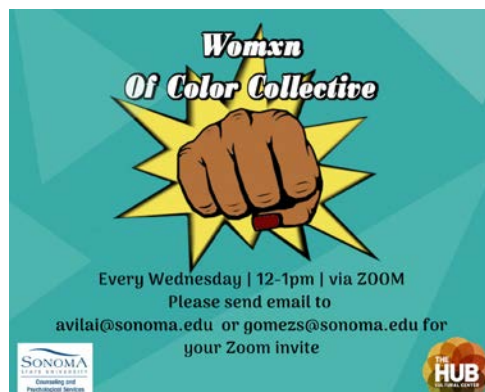
This group is designed to teach skills for managing symptoms associated with ADHD. We will discuss strategies for staying on top of academic demands while developing coping skills to help maintain focus. A formal ADHD diagnosis is not necessary for this group. The main topics of conversation concern organization and maintaining motivation to complete assignments (whether school or life related) so this group can be a great space for anyone struggling to stay on top of their schedule!

Wednesdays



11AM, Not the Perfect Family (Process) Group, Facilitated by Dr. Irene Wise

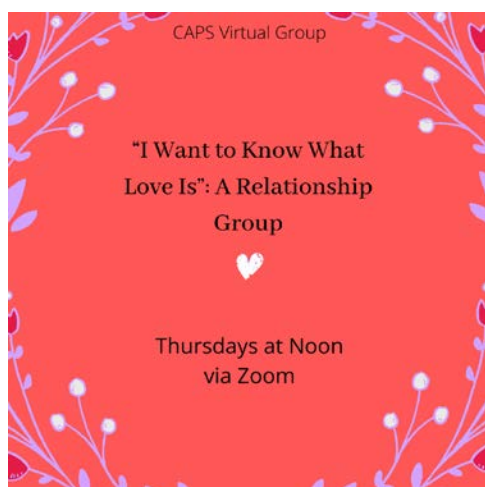
Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each in understanding and coping with family relationships.



12PM, Womxn of Color Collective (WOCC) (Drop-In), Facilitated by Dr. Isa Avila Saiter and The HUB

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!

Thursdays



12PM, "I Want to Know What Love Is": A Relationship (Process) Group, Facilitated by Dr. Irene Wise

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.

Fridays



11AM, Common Thread: LGBTQIA+ Support (Drop-In) Group, Facilitated by Dr. Elisa Vasquez

A support group designed to provide a safe and confidential space for SSU students who identify 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 identify within the LGBTQIA+ community, including those questioning, are welcome.



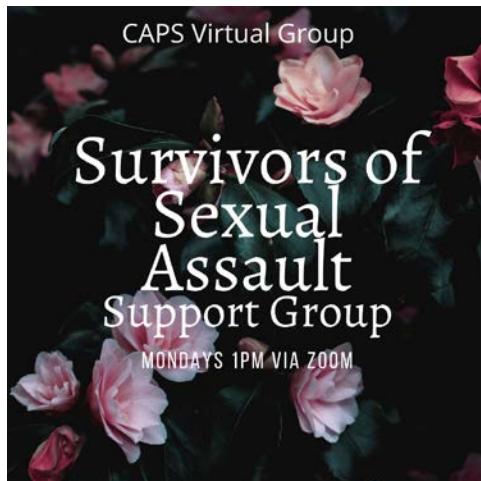
1PM, Mindful Self-Compassion (Drop-In) Group: Pathways to Self-Acceptance, Inner Strength, and Resilience, Facilitated by Melle Browning, LMFT

Zoom Meeting ID: 846 5842 7786

In this group, you will learn how to engage in mindfulness and self-compassion. Come experience a variety of self-care and mindfulness practices to enhance well-being, feel more centered in the face of difficult situations, and cope with anxiety, stress, and challenging emotions. Find new ways to not just manage overwhelming emotions but to also accept them!

Groups Currently On-Hold

Please be advised that these groups are on-hold until the Spring 2021 semester, but will be offered at the same day/time! We are excited to run these groups again, so please let us know if you are interested in joining in the future!



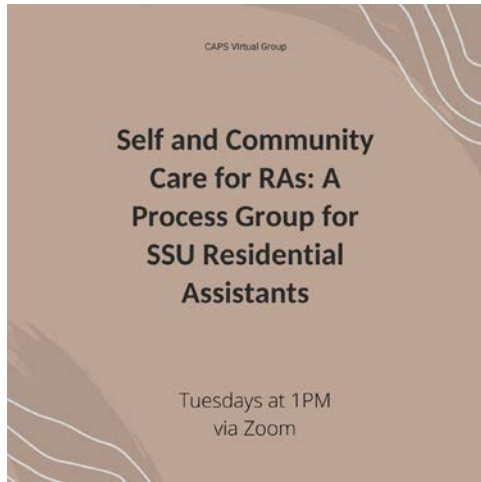
Mondays 1PM, Survivors of Sexual Assault (Process) Group, Facilitated by Dr. Courtney Avvampato

This group is designed to provide 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. Participants will learn about common reactions to assault, 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.



Tuesdays 12PM, BIPoC (Process) Group: Healing in Community, Facilitated by Dr. Rociel Martinez

As we engage in responsible physical distancing to support everyone's well-being during this time, we also acknowledge that communities draw strength in the power of visibility and gathering together in fellowship. This group is for SSU students who identify as Black, Indigenous, and/or People of Color and provides an opportunity to engage in healing individually and as a collective. We will be in solidarity and in support of one another as we explore themes such as coping with racial violence and repetitive trauma, as well as cultivating grounding skills and resilience in difficult times.



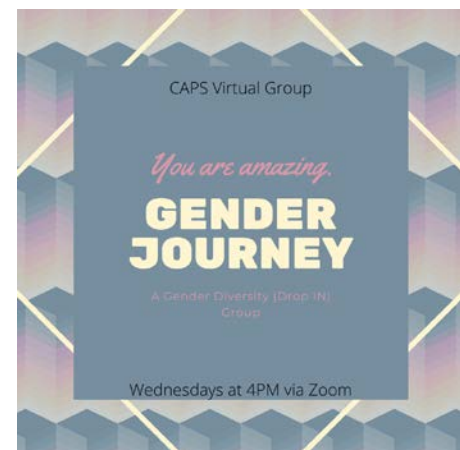
Tuesdays 1PM, Self and Community Care for RAs: A Process Group for SSU Residential Assistants, Facilitated by Dr. Isa Avila Saiter

This group is for current Residential Assistants working on campus. Join in co-creating a supportive space to discuss the rewards and challenges of being an RA at SSU as you navigate your role caring for your fellow students. We will be creating a community of care and discuss topics such as learning how to improve coping, self/community-care, effective communication, and navigating healthy boundaries when in your student leadership role.



Tuesdays 5PM, Student Athlete Support (Drop-In) Group, Facilitated by Dr. Courtney Avvampato

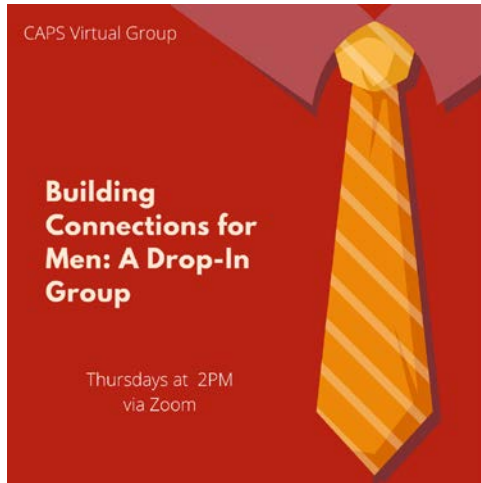
This group is for current student athletes at SSU. It is being offered to allow space for discussion of varying issues that affect student athletes every day. Topics discussed will include maintaining motivation for practice, how to manage anxiety related to Covid-19 and training, self-care for athletes, sleep concerns, and how to balance athletics and school. Come learn some useful skills and information about how to keep yourself in the best mental and physical shape!



Wednesdays 4PM, Gender Journey: A Gender Diversity (Drop In) Group, Facilitated by Melle Browning, LMFT

Please be advised that this group is on hold until Spring semester. Please inform us if are interested in joining in the future! Please join us at the Trans and Gender Questioning Peer Group being hosted by the HUB on Fridays at 4pm. Zoom ID: 979 0242 9474.

A supportive space for SSU students of diverse gender identities and gender expressions. This group is a safe space to explore, receive support, and build community. Open to anyone who identifies as part of the gender diverse community including, but not limited to: transgender, genderqueer, non-binary, gender fluid, and gender non-conforming students as well as those who are in a process of exploration and discovery with their gender identities.



Thursdays 2PM, Building Connections for Men: (Drop in) Group, Facilitated by Dr. Andrew Kerlow-Myers

This group is designed to help men connect socially with others. Group members will work on gaining social confidence in a supportive setting. This group welcomes any male-identified SSU student who wishes to build better connections with others.



Thursdays 3PM, Womxn's (Process) Group, Facilitated by Dr. Elisa Vasquez

Join with other SSU womxn to share your unique story, receive, and provide support in a confidential environment. Issues of discussion may include but are not limited to: relationship difficulties, life balance, stress management, trauma, negotiating identities, assertiveness, body image, and self-esteem. Empower yourself and each other!

Email us at: caps@sonoma.edu or call: (707) 664-2153 to get started or for more information about our offerings!

**Remember to reach out if you need support!
CAPS CARES!**