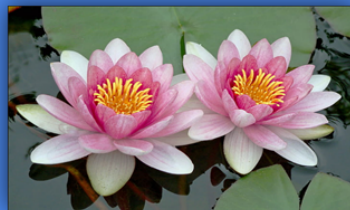


**SONOMA  
STATE  
UNIVERSITY****COUNSELING  
& PSYCHOLOGICAL  
SERVICES**

# CAPS CARES

## An Update for Our Campus Community



### Counseling Services

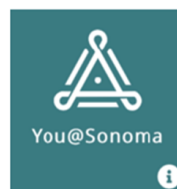
Services are now in-person! Our front office is open for walk-in appointment scheduling and crisis appointments. Don't forget that you can call in at any time to receive counseling support!

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

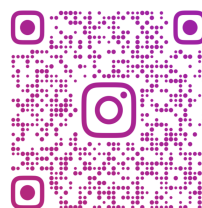
For more information on CAPS services call or email us at  
**[caps.sonoma.edu](mailto:caps.sonoma.edu)**

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

### Media Platforms



Check out [You@Sonoma](https://www.instagram.com/you@sonoma)



Or visit us on Instagram

### WELCOME BACK!

Hello Seawolves!!! Welcome back to campus and welcome to our new students! CAPS is taking precautions to protect you and our staff, we ask that you wear a mask and that you present a green badge prior to utilizing in-person services. If you do not have a green badge, please contact the Student Health Center at 707-664-2921. CAPS has masks for your appointment if needed. If you are not feeling well, 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](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.

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

## A Word from CAPS

We are so excited to start seeing students in-person again! The campus is buzzing with activity and energy and we're off to a great start! We also realize that many of you have been through, and are going through, a lot. Please call, email, or come by the office to make an appointment or with any questions you may have about our services.

As we begin this fall semester, you may be feeling renewed after the summer, anxious anticipation for the fall, burned out before the year begins, or maybe all of the above at once. This is all normal. We are here to support you no matter how you are feeling. We encourage you to check in with yourself and your stress level throughout the semester. If you need support, give CAPS a call! We offer brief individual therapy, group therapy, workshops, and many other services in support of our Sonoma Seawolves. We are here to help you be the best you. We also welcome your feedback! Contact us if you have ideas for new programs that benefit students.

September is Suicide Prevention Awareness Month. Please remember that at CAPS we offer 24/7 immediate crisis counseling. During our business hours you can come into the CAPS building, and after hours you can call in and speak with our on-call providers. CAPS also offers workshops such as Keep A Seawolf Safe and WellWolves to teach students, faculty, and staff to assess and provide support to someone in distress. Please call or email CAPS to learn more about these programs!

With Love & Solidarity,

CAPS TEAM

## What is YOU@Sonoma?



[You@Sonoma](#) is a customizable web portal connecting you to online tools and campus resources to support your personalized goals to succeed, thrive, and matter. Create a confidential profile on [You@Sonoma](#) to make the most of your college experience! This is a great tool to use especially as we head into a busy semester. This portal provides students with individualized strategies for improving mental health and overall well-being. It can even get you connected with appropriate resources on campus and be used as supplemental support in ongoing therapy. We highly encourage everyone to explore the app.

Check it out and make a profile today! You can also find the You@Sonoma tile on your Sonoma State profile.



## FALL 2022 Workshops



### Keep A Seawolf SAFE with Dr. Andrew Kerlow-Myers

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

**9/28 Wed from 2-3:30PM**

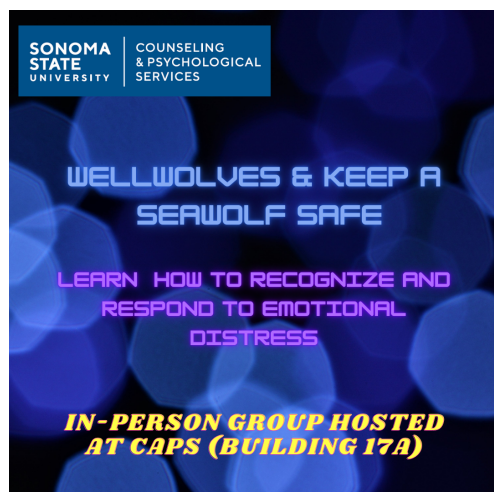
**10/27 Thurs from 10-11:30AM**

**11/30 Wed from 3:30-5pm**

**More dates to be announced soon**

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

**All groups and workshops are being offered in person**



### WELLWolves with Dr. Andrew Kerlow-Myers

Come join CAPS for the WELLWolves Workshop. 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.

**11/30 Wed from 1-5pm (this includes a Keep A Seawolf SAFE presentation from 3:30-5pm)**

**More dates to be announced!**

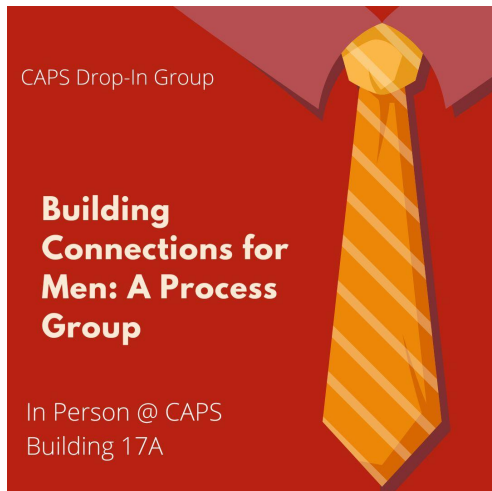
**Call or email CAPS to register for this workshop!**

**All groups and workshops are being offered in person**



## FALL 2022 GROUPS

### Mondays



#### **Mondays 5PM, Building Connections for Men: A Process 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.

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

**Location: CAPS, Building 17A**

### Tuesdays

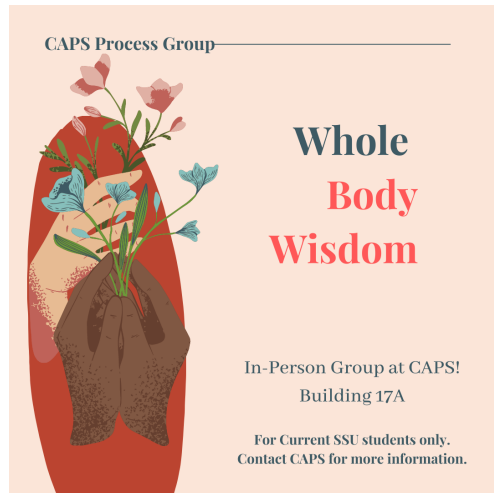


#### **Tuesdays 12PM, Common Thread: LGBTQIA+ Support (Drop-In) Group**, facilitated by Dr. Isa Avila Saiter

A 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.

**This is a drop-in group! Start date will be announced soon.**

**Location: CAPS, Building 17A**

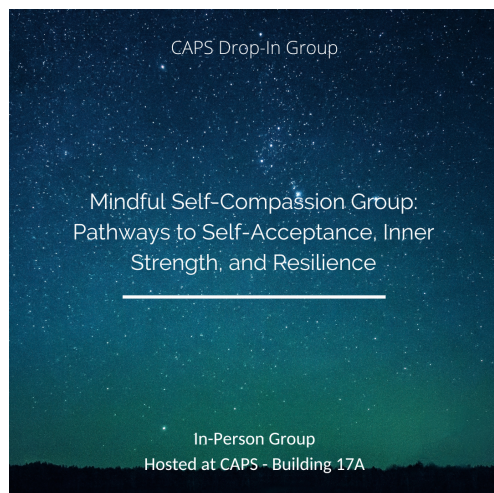


**Tuesdays 2PM, Whole Body Wisdom (Process) Group,**  
facilitated by Meredith Denton, LCSW

Join a confidential, supportive space for SSU students to share their lived experience within the body. In this skill based and interactive group, we will utilize The Body Positive model and integrate mindfulness, self-compassion, and community building to cultivate whole body wisdom. Together, we will cover the five core competencies from The Body Positive: reclaiming health, practicing intuitive self-care, cultivating self-love, declaring your own authentic beauty, and building community. All bodies are encouraged and welcomed to join!

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

**Location: CAPS, Building 17A**



**Tuesdays 5PM, Mindful Self-Compassion (Drop-In) Group: Pathways to Self-Acceptance, Inner Strength, and Resilience,** facilitated by Dr. Courtney Avvampato

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 honor and accept them!

**This is a drop in group! Start date will be announced soon.**

**Location: CAPS, Building 17A**

## Wednesdays



### **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 other in understanding and coping with family relationships.

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

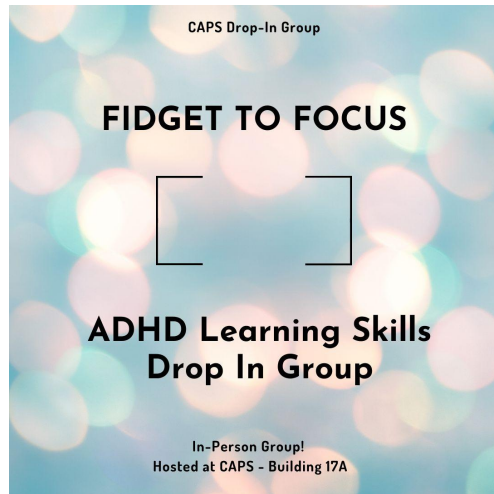
**Location: CAPS, Building 17A**



### **Wednesdays 12PM, Women of Color Collective (WOCC)**, facilitated by Dr. Isa Avila Saiter

Join us in creating community with SSU women 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!

**Call or email CAPS or The HUB to register for the group. This group is hosted in person at The HUB. Group starts on 8/31, and meets every Wednesday!**



**Wednesdays 1PM, Fidget to Focus: ADHD 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, 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!

**This is a drop-in group! Start date will be announced soon.**

**Location: CAPS, Building 17A**

## Thursdays



**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.

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

**Location: CAPS, Building 17A**

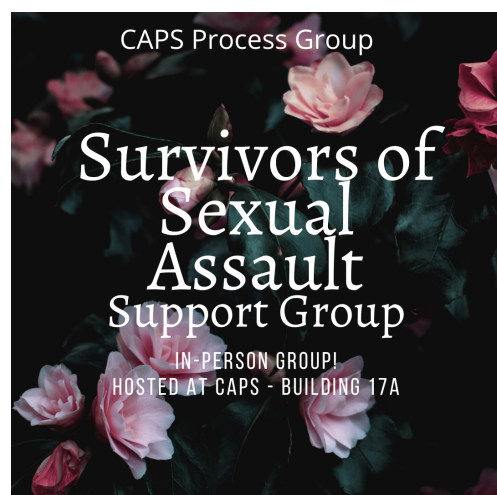


### **Thursdays 1PM, Women's Support (Process) Group,** facilitated by Meredith Denton

Join with other SSU women 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!

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

**Location: CAPS, Building 17A**



### **Thursdays at 3PM, Survivors of Sexual Assault (Process) Group,** facilitated by Dr. Rociel Martinez

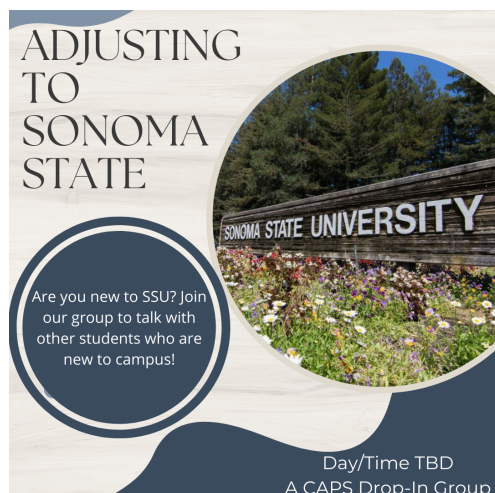
This is a supportive space for survivors of sexual assault, including childhood sexual abuse, intimate partner and non-partner sexual violence. Group members will have the opportunity to share experiences, support each other, and build a greater sense of control and empowerment. They will learn about 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**



## Fridays

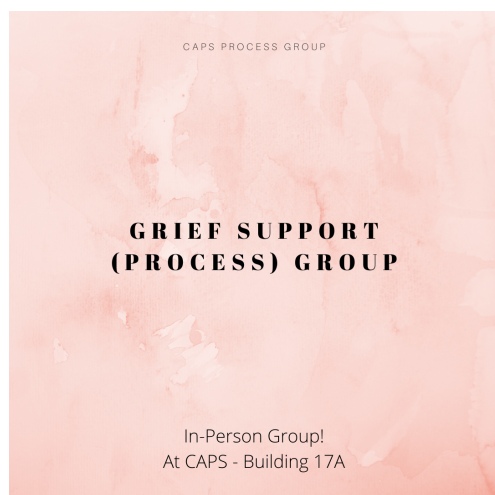


**Every Other Friday 11AM, Adjusting To Sonoma State**, facilitated by Dr. Courtney Avvampato

Join a confidential, supportive space for SSU students to share experiences about this ever-changing and challenging time. Cultivate wellness through mutual support, empowerment, community building, coping skills, mindfulness, self-compassion, and creative expression. Together, we will work through issues such as COVID/Decision/Change fatigue, disappointment, isolation, FOMO, grief/loss and anxiety about one's health, our loved ones, and the future.

**This is a drop-in group! Start date will be announced soon.**

**Location: CAPS, Building 17A**





**Fridays 12PM, Grief Support (Process) Group**, facilitated by Dr. Courtney Avvampato

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**



	<p><b>Fridays 1PM, Feel Good Fridays: A Self-Care Group</b>, facilitated by Dr. Isa Avila Saiter</p> <p>Come focus on healing and wellness through art, progressive relaxation, and mindfulness practices. No art skills needed! It's the process, not the product, which is healing.</p> <p><b>This is a drop-in group! Start date will be announced soon.</b></p> <p><b>Location: CAPS, Building 17A</b></p>
	<p><b>Fridays 2PM, Nature-Based Weekly Workshop Series</b>, facilitated by Meredith Denton, LCSW</p> <p>Join us for a nature-based group where we will have the opportunity to explore our relationship with the natural world. Through self-reflection and group experiences, we will engage in practices that deepen the connection we have with ourselves, others, and the “more than human world.” The intention will be to practice present-moment awareness and increase our capacity for stepping aside from “doing” and moving toward “being” in our bodies while connecting with the earth beneath us.</p> <p><b>Fridays @ 2PM</b>  <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>

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