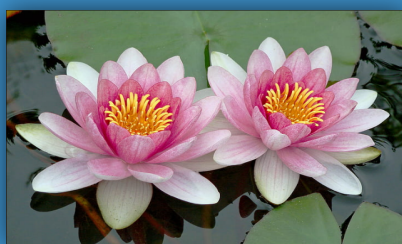




# CAPS CARES

## An Update for Our Students



### Counseling Services

CAPS is open and has resumed full services for the Spring semester! 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.**

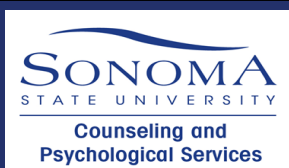
Also, visit our website:  
**[caps.sonoma.edu](https://caps.sonoma.edu)**

### Welcome Back!

We hope that you all had a relaxing and restful break. While most of you weren't in classes over the break, there was still a lot happening in the world. If you are feeling activated by the events around you, please call in for support or check out our groups for peer support. See this newsletter or our website **[caps.sonoma.edu](https://caps.sonoma.edu)**.

### Spring Groups!

Sign up today for any of our listed groups! All of our offered groups are listed at the bottom of the newsletter. All of our drop-in groups will begin the **week of 2/1** and our process groups will begin the **week of 2/8**. Email ([caps@sonoma.edu](mailto:caps@sonoma.edu)) or call us to sign up for process groups or to get the zoom link for the drop-in groups!



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

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

## *Welcome Back!*

We hope that your winter break was restful and relaxing. However, we also recognize that quite a lot occurred in the news over the past month. Recent events may be alarming on a variety of levels. We at CAPS stand with Sonoma State University, President Sakaki, and the American Psychological Association in acknowledging the traumatic impact of the January 6<sup>th</sup> attack on the U.S. Capitol. We continue to yearn for Americans working together on national issues and on ending violence as President Joe Biden begins his first term. Regardless of political views, we hope all agree that violence toward each other is never acceptable. We at CAPS are here to support every student at Sonoma State and we acknowledge that these events may be particularly triggering for our students who identify as part of marginalized communities. We encourage you to take a moment to check within yourself to determine how you are doing with current world events. Are you feeling numb to the news after reading so many shocking headlines? Are you feeling overwhelmed by it all? Or maybe you are doing okay? All of these responses, and more, are natural and normal.

Generally, in times of crisis, it is advisable to lean into your community, whether that be family, friends, roommates, or neighbors. However, the pandemic has restricted our opportunities for connection and it might be tough to identify who is in your social safety net. Some have found that online communities can help ease this sense of isolation. CAPS offers a variety of groups that meet via zoom on a weekly basis. Online groups offer a wonderful opportunity for building connection and building community with your peers. Although it may feel scary, we encourage you to consider joining a group. Groups can be very rewarding and will serve to increase your social network. Reach out to CAPS if you have any questions or concerns about the services that we are offering this Spring semester.

As the Spring semester starts, remember that we always offer 24/7 immediate counseling support. To schedule individual therapy appointments or to inquire about groups and workshop opportunities, we advise you call (707-664-2153) during our phone hours (9-12 pm & 1-4 pm, M-F). We hope that you all have a smooth Spring semester.

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!



## New Year, New Semester

Let's talk self-care. I know this is a term that gets used A LOT...to the point where you might even be sick of hearing about it. Yet at the end of the day, it's still so incredibly important. In truth, self-care is not a magic cure that will destroy any and all worry. Nor will it remove all bad things in the world. That would be amazing, but unfortunately this is not the case. However, self-care can help us to feel grounded in times of stress. And feeling grounded can allow for space to assess and determine what our next step is. Whether that next step is reaching out for support from a friend/academic advisor/CAPS or finally sitting down to start that paper you have been putting off, every act of kindness that we can provide to ourselves is worthy of our time and energy.

Friend: "All I managed to do today was take a shower and eat two meals.."

Me:



## UPCOMING WORKSHOPS & EVENTS!



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

#### **A workshop on supporting distressed students**

#### **Spring semester dates are as follows:**

**Tuesday, February 16th from 9:30AM-11:00AM**

**Wednesday, March 17<sup>th</sup> from 4:00PM-5:30PM**

**Thursday, April 22nd from 9:30AM-11:00AM**

**Friday, May 7<sup>th</sup> from 1:00PM-2:30PM**

**Zoom Meeting ID: 838 1190 1212**

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! Email: [caps@sonoma.edu](mailto:caps@sonoma.edu) or call CAPS: (707) 664-2153 for more information.





## A 6-session workshop series based on Mindful Self-Compassion

Spring semester dates are as follows:

**Monday, April 5th at 10:00AM**

**Monday, April 12<sup>th</sup> at 10:00AM**

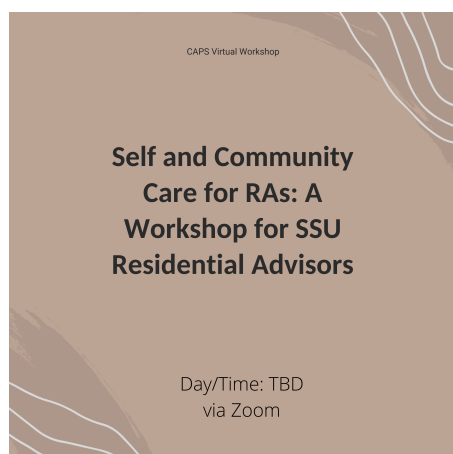
**Monday, April 19<sup>th</sup> at 10:00AM**

**Monday, May 3<sup>rd</sup> at 10:00AM**

**Monday, May 10<sup>th</sup> at 10:00 AM**

**Zoom Meeting ID: 853 8491 2970**

Join us to build coping skills and self-compassion during these tough times. You will learn and experience mindfulness and self-compassion practices for dealing with difficult emotions, navigating challenging relationships, and softening your inner critic. Email: [caps@sonoma.edu](mailto:caps@sonoma.edu) or call CAPS: (707) 664-2153 for more information.



## Self and Community Care for RAs: A Workshop for SSU Residential Advisors

**Day/Time: TBD**

**Please email or call CAPS to register for the workshop and to receive the zoom link.**

This one-time workshop is for current Residential Advisors 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. Email: [caps@sonoma.edu](mailto:caps@sonoma.edu) or call CAPS: (707) 664-2153 for more information.



### Student Athlete Support Workshop

**Spring semester dates are as follows:**

**Tuesday, February 23<sup>rd</sup> from 5:00-6:00PM**

**Tuesday, April 27<sup>th</sup> from 1:00-2:00PM**

**Please email or call CAPS to register for the workshop and to receive the zoom link.**

This limited series workshop is for current student athletes attending 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! Email: [caps@sonoma.edu](mailto:caps@sonoma.edu) or call CAPS: (707) 664-2153 for more information.



### Gender Expansive Lives Workshop

**Spring semester dates are as follows:**

**Wednesday, March 17<sup>th</sup> from 12:00-1:00PM**

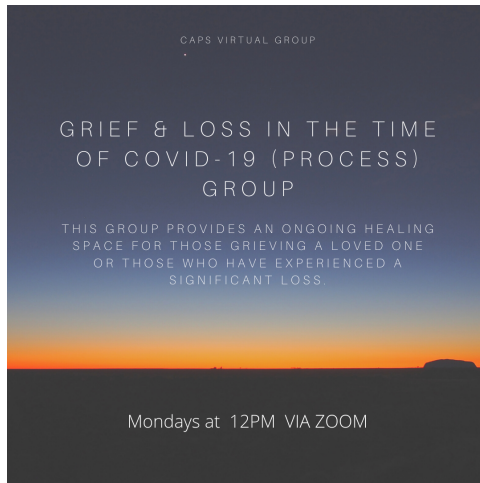
**Tuesday, April 13<sup>th</sup> from 12:00-1:00PM**

**Please email or call CAPS to register for the workshop and to receive the zoom link.**

A supportive space for SSU students of diverse gender identities and gender expressions. This limited-series workshop is a safe space to explore, receive support, and build community. It is 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.

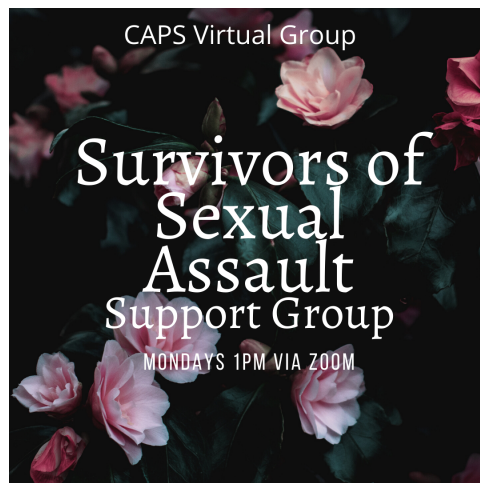
# SPRING 2021 GROUPS

## Mondays



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

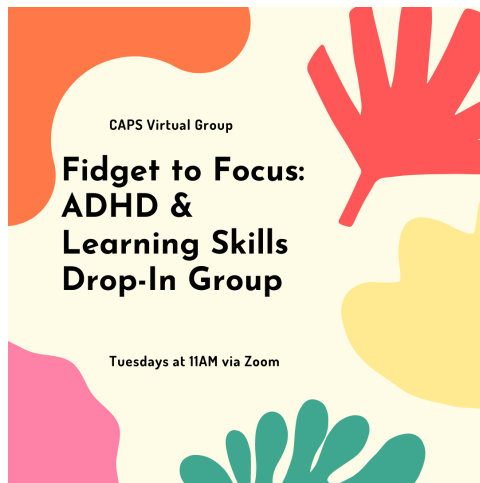
This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences, reflecting on the possible compounding impact of loss during the COVID-19 pandemic (regardless of if loss is related to the virus or not), and building empathy and mutual support.



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

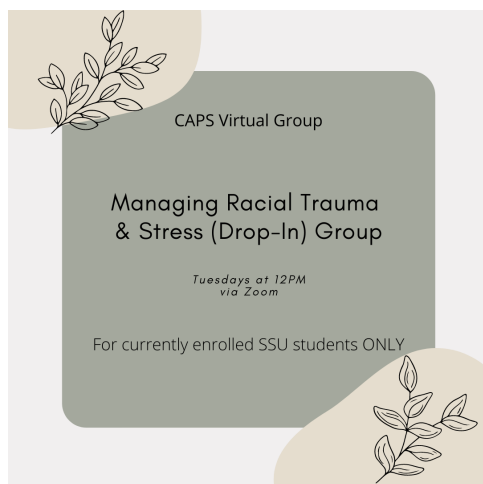
This group is designed to provide a supportive space for survivors of sexual assault, including childhood sexual abuse, intimate partner and non-partner sexual violence. Group members will have the opportunity to share experiences, support each other, and build a greater sense of control and empowerment.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



### **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!



### **Tuesdays 12PM, Managing Racial Trauma & Stress (Drop-In) Group, Facilitated by Dr. Rociel Martinez**

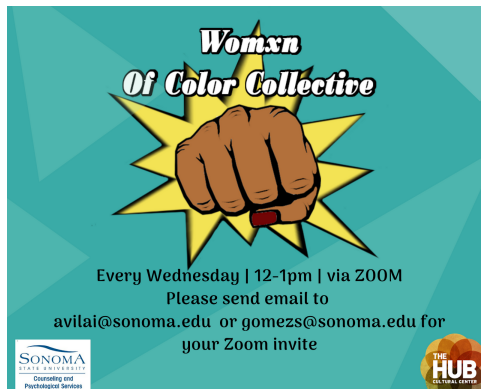
As we engage in responsible physical distancing to support everyone's well-being during this time, we also acknowledge that communities draw strength in solidarity and fellowship. This group is for SSU students who identify as Black, Indigenous, and/or People of Color and provides a supportive and confidential space to explore ways to manage the impact of racial stress and trauma, and to engage in healing individually and as a collective.

## Wednesdays



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

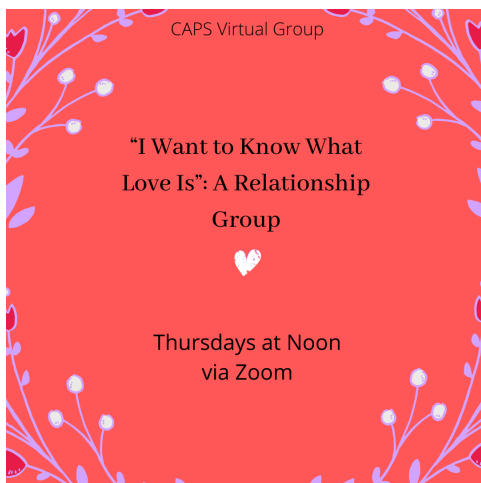
Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each in understanding and coping with family relationships.



### **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.



	<p><b>Thursdays 2PM, Building Connections for Men: (Process) Group, Facilitated by Dr. Andrew Kerlow-Myers</b></p> <p>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.</p>
	<p><b>Thursdays 3PM, Womxn's (Process) Group, Facilitated by Dr. Elisa Vasquez</b></p> <p>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!</p>

## Fraturdays

	<p><b>11AM, Common Thread: LGBTQIA+ Support (Drop-In) Group, Facilitated by Dr. Elisa Vasquez</b></p> <p>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.</p>
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**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!

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

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