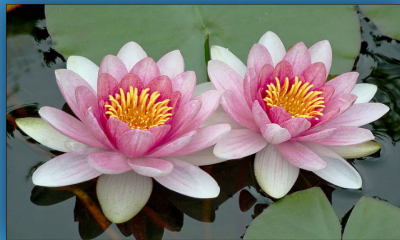




# CAPS CARES

## An Update for Our Students



### CAPS CARES

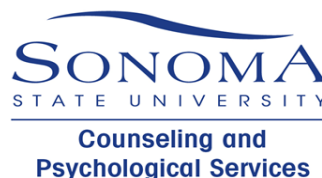
We know it can be challenging to take that first step and call in for support. Let us introduce you to Tara Quinn, our wonderful Administrative Coordinator, who will likely be the first person you talk to if you call for an appointment or to learn about services.

### 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:

### National Coming Out Month

Please see our message regarding the celebration of National Coming Out Month in October. CAPS honors all our students and their diverse identities and is always here to support!



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

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

**Appointment Hours:** Monday, Wednesday, Friday 8 a.m. to 5 p.m. and Tuesday, Thursday 8 a.m. to 6 p.m.

**On-Call Counseling Service:** 24/7

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



## CAPS CARES

*Hello Seawolves!*

*We hope that you all are doing well! We want to remind you that CAPS is here to support you! We encourage you to take that first step to contact us to see if we can be of help. We offer individual therapy, group therapy and specialized workshops to fit your specific needs. We also offer 24/7 counseling so that no matter what, day or night, rain or shine, weekday or weekend, there is always someone to talk to and someone to listen.*

*We know it takes strength and courage to make that first contact so wanted to break down what actually happens when you call into CAPS: If you call during our regular phone hours (M-F 9AM to 12PM, 1 to 4PM) you will most likely be greeted by our Administrative Coordinator, Tara Quinn. Here is her photo:*



*Tara is very friendly and welcoming and loves working with students. She is here to help you get connected with CAPS services. She can schedule you for your first session with a CAPS counselor, provide you with ZOOM links for our drop-in groups and workshops, or get you immediately connected with an on-call clinician if you have an urgent concern. She can also answer all your questions about our various services.*

*If you happen to call outside of our phone hours then you will be greeted by an on-call clinician. Not only can the on-call clinician support you but they can also take messages for us and let us know if you need us to reach out to you for further support. Everyone who answers our phone is there to be kind and comforting! So, reach out! You've got this!*

## *National Coming Out Month*

We recognize National Coming Out Day (NCOD) on October 11<sup>th</sup> and during the month of October we honor National Coming Out Month. NCOD was created in 1988 to commemorate the day when the LGBTQIA+ community marched on Washington for equity. On this day we not only recognize the importance- both personal and political- of “coming out”, we celebrate the amazing and brilliant uniqueness of each person within the LGBTQIA+ community.

But as we celebrate we also recognize that not everyone is in a situation where it is safe or viable to be “out”. Many students have found themselves returning to home environments or situations where they are not seen, not affirmed, and/or not safe. Others may be questioning their identity and are feeling isolated in their journey. During this pandemic, places of community and connection, of acceptance and affirmation, are closed or now virtual and it can be hard to reach out. Folx with intersecting identities, especially Black, Indigenous and POC, also continue to experience multiple forms of marginalization and oppression.

Alicia Garza, co-founder of Black Lives Matter and queer identified, said this about National Coming Out Day:

“You will be told that you are wrong. That you are young and don’t know the way that things are. They will tell you that you don’t know what’s really good for you. But you must keep going. Your destiny is yours and yours alone to realize. Only you can meet your destiny and it is designed only for you. So keep going.”

The LGBTQIA+ community speaks often about “chosen family” because that is where we have found solace: with other members of our community. We all deserve to find connection with community that is affirming and safe. This is often vital to our mental health and well-being. Check out our website for LGBTQIA+ resources both off and on campus and connect with community.

We at CAPS want you to know that we are here. We offer an affirming space for support and exploration. Call us. We see you and we celebrate you.

With Love & Solidarity,

*CAPS Team & Confidential Advocacy*



## CHECK OUT OUR NEW ANONYMOUS MENTAL HEALTH SURVEY ON OUR WEBSITE!

Are you curious about the state of your mental well-being? Feelings of anxiety, disappointment, sadness, or anger are normal. But during these stressful times, such feelings can increase and impact our ability to feel our best. To find out more about how you are doing, visit our website to take a free, brief, and confidential mental health screening. The results will show you where you are doing well, and where you might need more support.

## UPCOMING WORKSHOPS & EVENTS!



**Self-Care week begins 9/28/20!**

**CAPS is hosting a workshop for mindful journaling on 10/2 at 9AM. Join us to learn about the power of journaling and self-compassion. Bring a journal and pen or your laptop! If interested in joining please email us at [CAPS@sonoma.edu](mailto:CAPS@sonoma.edu) or call us (707-664-2153)!**



Check out our  
upcoming Instagram  
Live hosted by the  
HUB with CAPS!!  
10/29 @ 6PM



**October is National Coming Out Month!**

**Stay tuned for upcoming Instagram Live being hosted by The HUB (10/29 @ 6PM) with CAPS! The HUB has a student that will be hosting a live Q&A with Melle Browning, LMFT, from CAPS to talk about CAPS services and National Coming Out Month.**



## The Struggle is Real, So How Do We Deal?



Workshops on Mindful Self-Compassion presented by CAPS

Tuesdays at 11 AM, 10/13/2020 through 11/17/2020  
(6 Weeks)

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. Come to one or all six of the workshops!

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

Week 1 (10/13/2020): Mindfulness: A Foundational Coping Skill

Week 2 (10/20/2020): Loving-Kindness: Care for Ourselves and Others

Week 3 (10/27/2020): Soften Your Inner Critic Through Self-Compassion

Week 4 (11/3/2020): Fierce Compassion: The Energy for Change

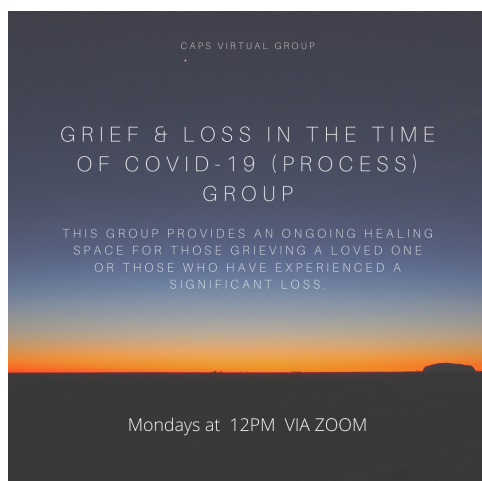
Week 5 (11/10/2020): Meet Difficult Emotions with Self-Compassion

Week 6 (11/17/2020): Navigate Challenging Relationships with Self-Compassion

## Keep scrolling for the list of our Fall groups!

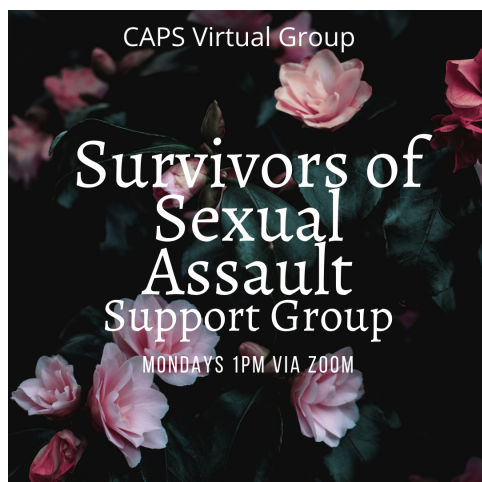
# FALL 2020 GROUPS

## Mondays



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

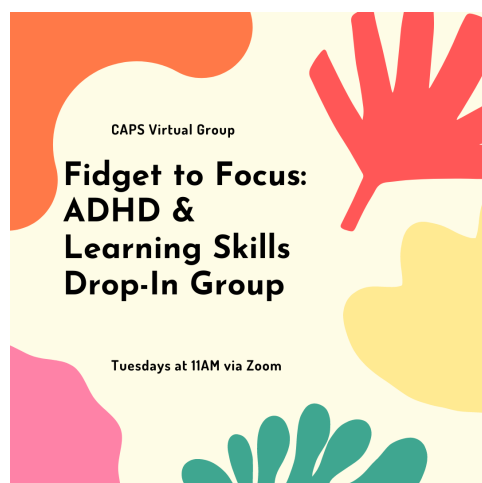
This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences, reflecting on the possible compounding impact of loss during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



### **1PM, Survivors of Sexual Assault (Process) Group, Facilitated by Dr. Courtney Avvampato, PsyD and Sonoma State's Confidential Advocate, Susan Pullido**

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



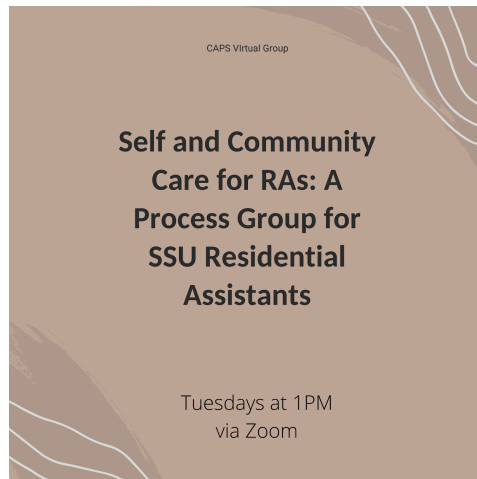
### **11AM, Fidget to Focus: ADHD and Learning Skills (Drop-In) Group, Facilitated by Dr. Andrew Kerlow Myers, PhD**

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!



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

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



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

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.



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

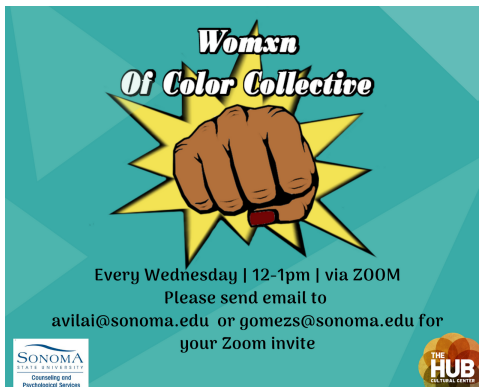
This group is for current student athletes at SSU. It is being offered to allow space for discussion of varying issues that affect student athletes every day. Topics discussed will include maintaining motivation for practice, how to manage anxiety related to Covid-19 and training, self-care for athletes, 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!

## Wednesday



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

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, PsyD 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!

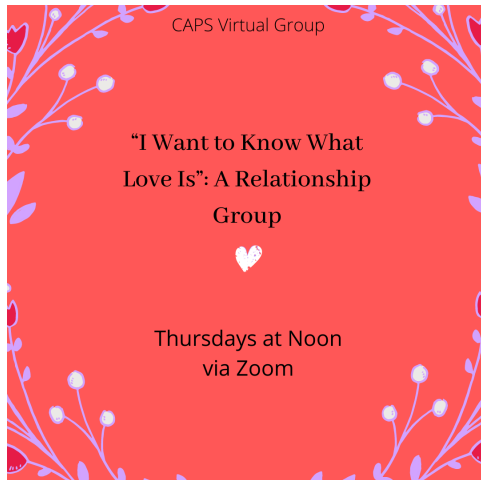


### **4PM, Gender Journey: A Gender Diversity (Drop In) Group,** *Facilitated by Melle Browning, LMFT* *Please be advised that this group is on hold until Spring semester. Please inform us if are interested in joining in the future! Please join us at the Trans and Gender Questioning Peer Group being 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.

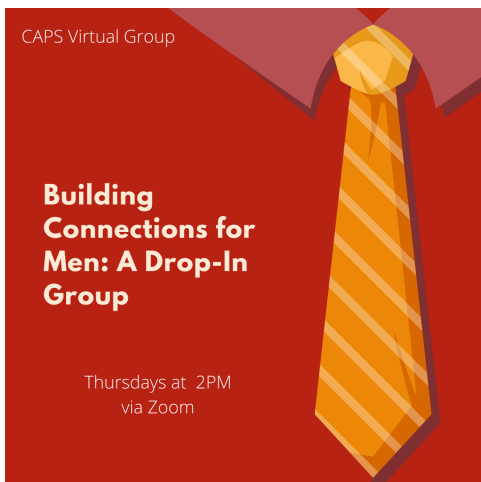


## Thursday



### **12PM, “I Want to Know What Love Is”: Relationship (Process) Group, Facilitated by Dr. Irene Wise, PsyD**

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.



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

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.



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

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!

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

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**

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)(link sends e-mail) 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!**

**Thank you!**