



CAPS CARES

An Update for Our Students



Counseling Services

CAPS is open and ready to serve you! We invite you to contact us today to learn more about all of the counseling services and resources that we have to offer during your academic journey. We look forward to speaking with you soon:

(707) 664-2153.

Also, visit our website:
caps.sonoma.edu

Feeling Stressed?

Now that the semester is ramping up, you may be feeling stress from the pile up of assignments, exams, family tensions, loneliness, and all the other events that are happening in the world. If you are feeling distressed, please call in for support or check out our peer-support groups. See our group listings starting on page 7 or visit our website:
caps.sonoma.edu.

Spring Workshops!

It's not too late to sign up for our groups and workshops! All of our offerings are listed at the end of the newsletter.

Choose from our ongoing process groups or from any of the drop-in workshops. Email (caps@sonoma.edu) or call us, (707) 664-2153, to sign up for process groups, or to get the zoom link for the drop-in groups or workshops!



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.*

Words from CAPS

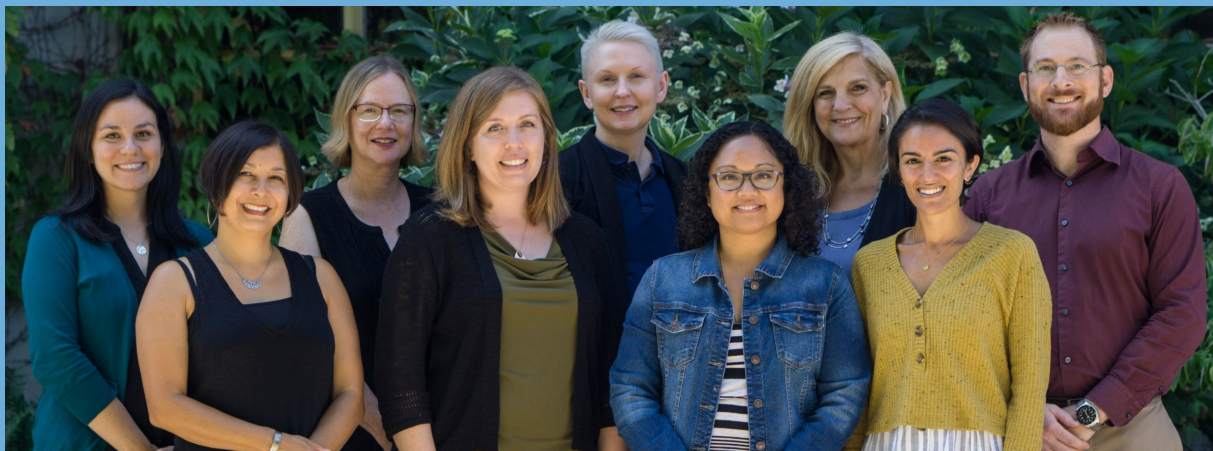
So, how is everyone doing? Are you sick of hearing that question yet?

2021 has been an interesting mixed-bag so far. We are encouraged by the rollout of the COVID-19 vaccine and are relieved to see our most vulnerable community members begin to be inoculated. There is a growing sense of hope among many of us that the virus will be contained. And, yet we also continue to experience pandemic fatigue and impatience for things to get back to some sort of normal. Pandemic stress is real. We encourage you to acknowledge the toll of living through a year-long worldwide pandemic and the impact that may have had on you and your loved ones. The prolonged experience of stress has profound physical and mental consequences. It can reduce our ability to concentrate, to experience joy, or even to find meaning in activities we once prioritized and enjoyed (like doing well in school or maintaining and nurturing friendships).

We also want to acknowledge the ongoing acts of hate directed at many of our communities including the recent act that occurred during a Sonoma State Black History Month event as well as the increase in violence being directed towards our Asian American community members (especially here in the Bay Area). It is not nearly enough for us to say that we stand with our communities that are being targeted by hate. We also must continue to commit ourselves to do our part to effect change for the health and safety of our community.

In March, we look forward to many events and celebrations including Trans Day of Visibility, which will be celebrated on March 31st, as well as Womxn's History Month. Let's take this month to focus on antidotes to hate, and to consciously embrace respect for our fellow human beings by honoring our diversity and working towards equity and inclusion.

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!



One Year Later

This month marks one year since it all began. A year of quarantine, a year of mask-wearing, a year of social distancing. It's been a difficult year for many different reasons, COVID is just one of them. If you're like the many students who have "COVID fatigue", you might be feeling more unmotivated, more anxious, more isolated and more uncertain about the future. You also may be feeling tired of being inside, tired of not seeing friends the way you used to, and tired of Zoom. Any and all of these feelings, are a normal response to this abnormal situation.

It can be difficult not to get caught up in thinking about what comes next, but in a time that is so uncertain, sometimes the best thing to do is to try to take things one day at a time. What can you do to cope with today? Whatever you choose to do for self-care, whether you are taking a break from screens, going for a walk, or talking to friends you haven't talked to in a while, be sure that you are approaching your self-care with compassion for yourself. Some days you won't get to everything you've planned and that's ok. We are all just trying to get through this the best we can. And, if you need a little extra support, CAPS is here to help. Give us a call (707) 664-2153 and visit our webpage featuring Self-Care & Wellness Tools:

<https://caps.sonoma.edu/resources/self-care-wellness-tools>

Me all ready for another exciting day
in the living room



UPCOMING WORKSHOPS & EVENTS!



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

A workshop on supporting distressed students and suicide prevention.

Spring semester dates are as follows:

Wednesday, March 17th from 4:00PM-5:30PM

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

Friday, May 7th 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 or call CAPS: (707) 664-2153 for more information.



The Struggle Is Real, So How Do We Deal?

A 6-session workshop series based on Mindful Self-Compassion with Dr. Irene Wise

Spring semester dates are as follows:


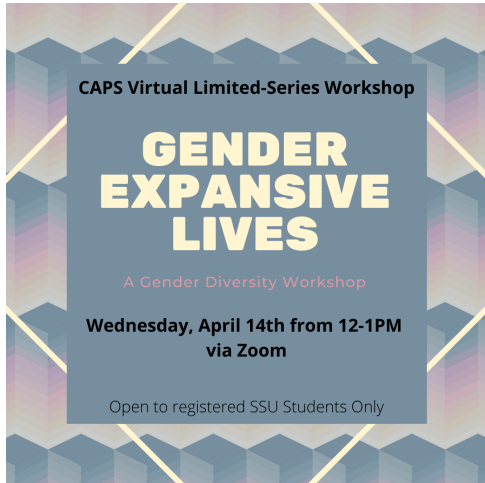
Monday, April 5th at 10:00AM

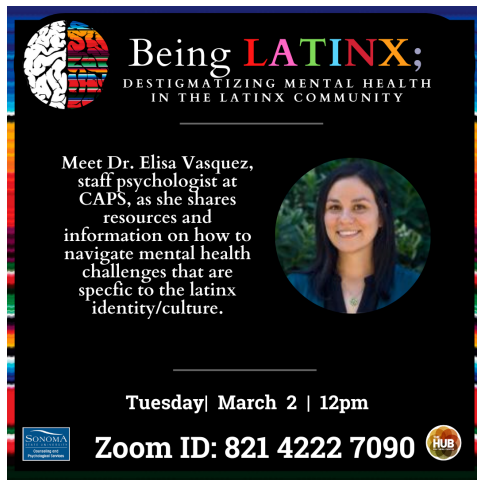
Monday, April 12th at 10:00AM

Monday, April 19th at 10:00AM

Monday, May 3rd at 10:00AM

Monday, May 10th at 10:00 AM

	<p>Zoom Meeting ID: 853 8491 2970</p> <p>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 or call CAPS: (707) 664-2153 for more information.</p>
	<p>Student Athlete Support Workshop with Dr. Courtney Avvampato</p> <p>Spring semester dates are as follows:</p> <p>Tuesday, March 9th from 5:00-6:00PM</p> <p>Tuesday, April 27th from 1:00-2:00PM</p> <p>Zoom Meeting ID: 849 6063 5039</p> <p>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 or call CAPS: (707) 664-2153 for more information.</p>
	<p>Gender Expansive Lives Workshop with Melle Browning, LMFT</p> <p>Wednesday, April 14th from 12:00-1:00PM</p> <p>Please email or call CAPS to register for the workshop and to receive the zoom link.</p> <p>A supportive space for gender expansive SSU students, this limited-series workshop is a safe space to explore, receive support, and build community. It is open to anyone who is 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.</p>



Being LATINX; Destigmatizing Mental Health in the Latinx Community with Dr. Elisa Vasquez & Shelly Gomez

Spring semester dates are as follows:

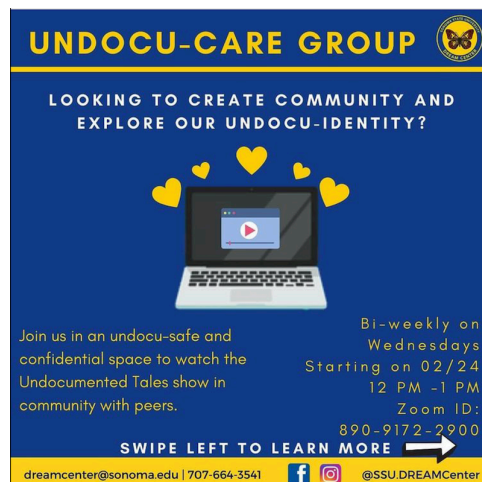
Tuesday, March 2nd from 12:00-1:00PM

Tuesday, April 6th from 12:00-1:00PM

Tuesday, May 4th from 12:00-1:00PM

Zoom ID: 821 4222 7090

Join Dr. Elisa Vasquez, Staff Psychologist at CAPS, and Shelly Gomez, Race and Ethnicity Coordinator in the HUB, as we explore the mental health challenges we face culturally. In this three-part series, we will discuss access to resources, how to process heavy reliance on faith/religion versus therapy, and gender and sexuality within the Latinx community.



Undocu-Care Group with Dr. Rociel Martinez & Rosa Salamanca

Bi-weekly on Wednesdays

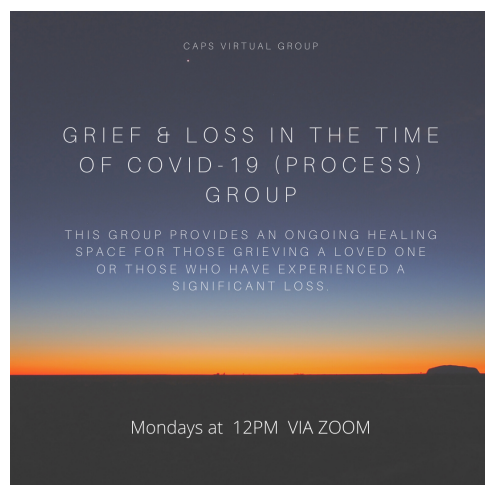
Starting on February 24th from 12:00-1:00PM

Zoom ID: 890 9172 2900

Through the Undocu-Care Group, a variety of tools and materials will be utilized to engage with different topics and explore the undocumented identity. To kick-off the group, we will be screening the Undocumented Tales show. The series follows the journey of Fernando, an undocumented queer immigrant from Mexico living in the U.S. Fernando's story is one that is rarely told in the broader immigrant and LGBTQ communities, and one that is almost never told in mainstream media.

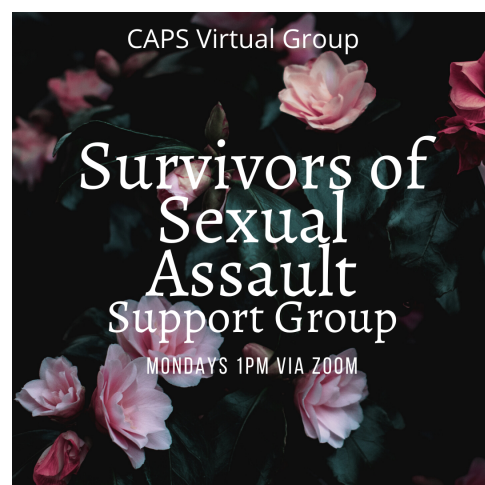
SPRING 2021 GROUPS

Mondays



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

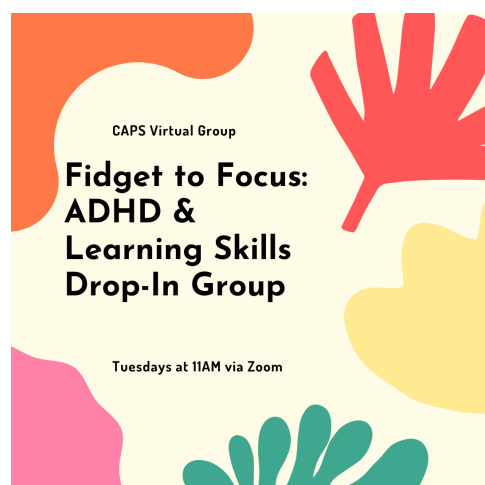
This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences, reflecting on the possible compounding impact of loss during the COVID-19 pandemic (regardless of if the 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

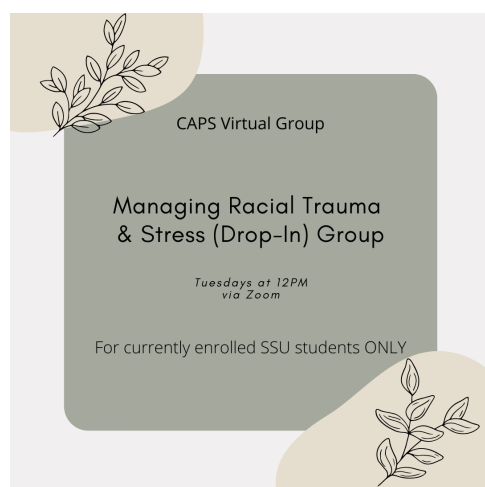
This group is designed to provide a supportive space for survivors of sexual assault, including childhood sexual abuse, intimate partner and non-partner sexual violence. Group members will have the opportunity to share experiences, support each other, and build a greater sense of control and empowerment.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

This group is currently on pause due to low attendance, please let us know if you are interested in joining!

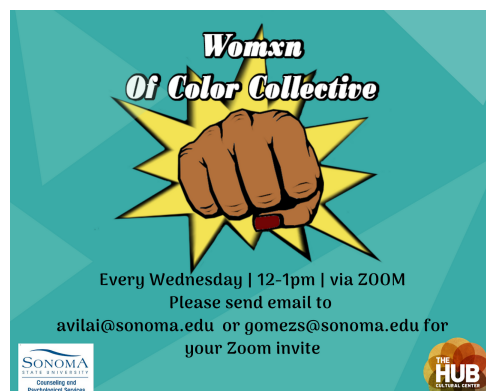
As we engage in responsible physical distancing to support everyone's well-being during this time, we also acknowledge that communities draw strength in solidarity and fellowship. This group is for SSU students who identify as Black, Indigenous, and/or People of Color and provides a supportive and confidential 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*

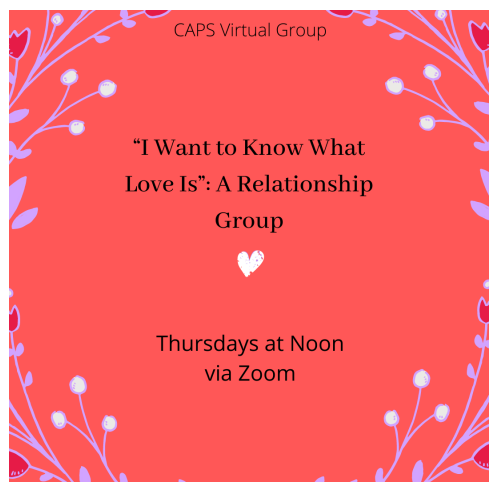
Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each in understanding and coping with family relationships.



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>Thursdays 2PM, Building Connections for Men: (Process) Group, Facilitated by Dr. Andrew Kerlow-Myers</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>Thursdays 3PM, Womxn's (Process) Group, Facilitated by Dr. Elisa Vasquez</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>
<h2 style="text-align: center;">Fridays</h2>	
	<p>11AM, Common Thread: LGBTQIA+ Support (Drop-In) Group, Facilitated by Dr. Elisa Vasquez</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>



**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 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!**