



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**

Election Stress

Reach out to us for same-day counseling or even to schedule a single session to discuss stress from current events. Call CAPS at **(707) 664-2153**. Follow CAPS on Instagram and check out our website for updates on supportive services available for election-related stress.

CAPS Cares

Can you believe that we are already past the half-way point of the semester!? The first half can seem to drag on but the second half can certainly fly by. If you are experiencing any concerns about the impending end of the semester or the holidays, know that CAPS is here to support you. See pg. 3 for a helpful self-care tip!



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.

The Election

Voting is underway and election results will be coming in over the next few weeks. We understand that this election season in particular is stressful for many of us. There is a lot riding on the results and, as we have seen, highly polarized viewpoints and heightened emotions have led to tension and, in some cases, violence or threats of violence. The stressors of this election come at a time when we all have already been dealing with a good deal of stress and upheaval in our everyday lives due to COVID-19, the general sociopolitical climate, and disasters such as our local Sonoma County fires. Please know that, regardless of your views or political affiliations, CAPS is here to support you and to help you be successful with your academics as well as with your personal lives.

There are many ways you can seek support from CAPS. You can call us to get set up for individual therapy, or even just a single session. You can attend one of our groups or workshops detailed in the following pages. You can go to our website and look for resources or take a mental health screening. You can follow our Instagram for inspiration and suggestions for taking care of yourselves. However you feel comfortable engaging, we hope that, if you are feeling stressed or overwhelmed, you will allow us to be there for you. We will get through these tough times together.

Take good care Seawolves. We encourage you to let your voice be heard during this election season as an act of empowerment. This might occur through voting if you are able, or through other forms of activism or community support. Your voice matters. You matter. CAPS Cares.

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!



CAPS CARES

Can you believe that we more than half-way through the semester? We have several options to help get you the support you need. In addition to increasing drop-in hours around the time of the election, all therapists at CAPS will have drop-in hours during finals week. You can get set up for individual therapy or schedule a single session to work on a specific need. Even during the Thanksgiving break, CAPS offers 24/7 counseling support available through our main number, 707-664-2153. Continue reading below for more information about our upcoming events, groups, and workshops!

To navigate these stressful times, have you tried gratitude journaling? Set aside 15 minutes, one to three times a week to jot down five people, events, or things you are grateful for. Research has shown this simple act of appreciation helps reduce perceived stress, improves self-esteem, and boosts happiness. You also have the added bonus of figuring out what is important to you so you can pursue a meaningful life.

Here are some more writing prompts to get you started:

- What is my favorite moment today?
- What cheers me up?
- What is my passion?
- Which artist am I grateful for?
- What do I appreciate about my best friend?

UPCOMING WORKSHOPS & EVENTS!

ELECTION-RELATED STRESS SUPPORT GROUP

Available for ALL currently enrolled SSU students

Election-Related Stress Support Group

This drop-in group will be offered for one hour a day, at varying times throughout the week of the election.

Zoom ID: 85737074725

This is a drop-in support group for all currently enrolled students to discuss any stressors they may be experiencing related to the November election. Join us for general support and to learn about helpful tips and tricks for managing stress and anxiety during these difficult times while also juggling school and other responsibilities. Times/Dates Are:

- Tuesday, November 3rd at 4pm
- Wednesday, November 4th at 1pm
- Thursday, November 5th at 11am
- Friday, November 6th at 1pm
- Monday, November 9th at 3pm



VIBIN' WITH CAPS

An opportunity for students who live on-campus to connect with a panel of CAPS Staff including, Dr. Laura Williams, Director, and Staff Psychologists, Dr. Isabel Avila Saiter and Dr. Courtney Avvampato!

For currently, enrolled SSU students only
Zoom Meeting ID: 820 4044 1268



Vibin' With CAPS!

For all students currently residing on campus!

Monday, November 2nd at 11AM

Zoom ID: 82040441268

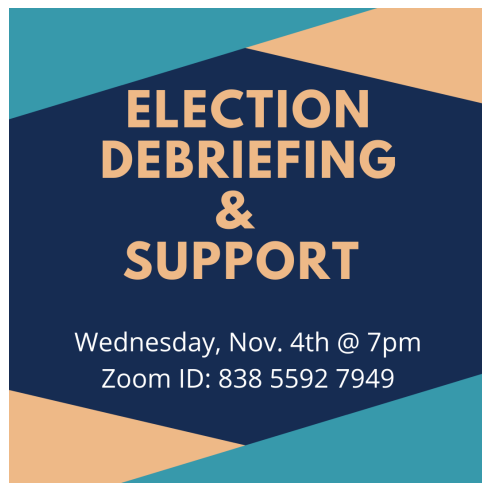
Join a panel of CAPS staff including, Dr. Laura Williams, Director, and Staff Psychologists, Dr. Isa Avila Saiter and Dr. Courtney Avvampato. Feel free to ask us questions about our services and learn about all the ways that we can support you! Please be mindful that this event is for Seawolves that are currently living on campus!



LGBTQIA+ Post-Election Support Group (Drop-In)

Wednesday, November 4th at 11AM
Zoom ID: 83839134690

Election season can often be stressful for folx within marginalized communities. This particular election season may be especially stressful for those who identify as part of the LGBTQIA+ community. Come and join us in this supportive group environment. No need to sign up beforehand! Just follow the zoom link. Open to currently enrolled LGBTQIA+ students.



Election Debriefing and Support

Wednesday, November 4th at 7PM
Zoom ID: 83855927949

Join members of the Student Affairs Executive Team including Dr. Ryan Jasen Henne (Dean of Students), Dr. Laura Williams (Director of Counseling and Psychological Services), and Erik Dickson (Executive Director of Associated Students) to share thoughts and feelings about the previous day's events.



BIPOC Communities Post-Election Support Group (Drop-In)

Thursday, November 5th at 2PM
Zoom ID: 85671341405

We are offering a supportive space for our Seawolves who identify as part of the BIPOC community to discuss any election-related stress they may be experiencing especially as related to their identities. This is a drop-in group so no need to sign up in advance, just follow the zoom link listed here on 11/5 for support!



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

Tuesdays at 1PM and Fridays at 11AM
Starting the week of November 9th
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.



The Struggle is Real, So How Do We Deal?

Workshops on Mindful Self-Compassion presented by CAPS and facilitated by Dr. Irene Wise

Zoom ID: 859 8391 8026
Passcode: 429416

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 of our remaining three workshops in the series!

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

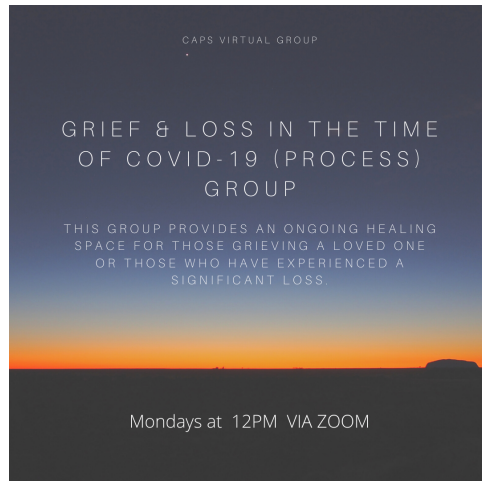
Week 4 (11/3/2020): Fierce Compassion: The Energy for Change

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

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

FALL 2020 GROUPS

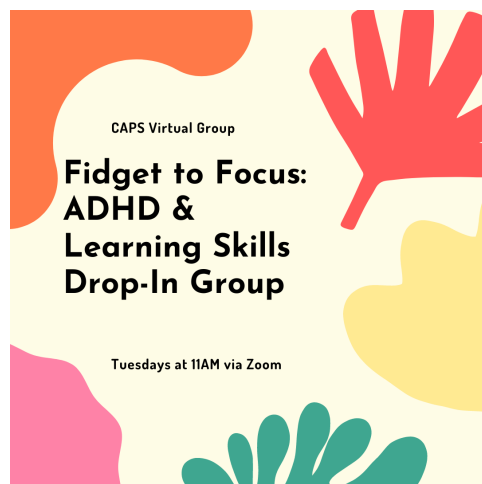
Mondays



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

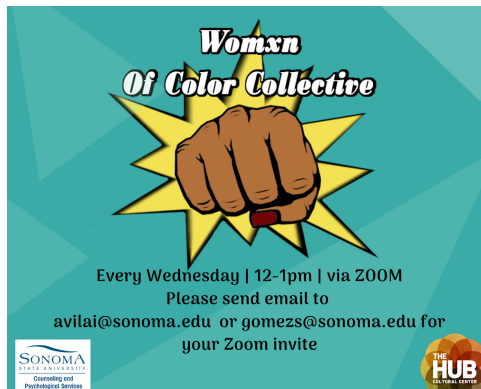
This group is designed to teach skills for managing symptoms associated with ADHD. We will discuss strategies for staying on top of academic demands while developing coping skills to help maintain focus. A formal ADHD diagnosis is not necessary for this group. The main topics of conversation concern 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*

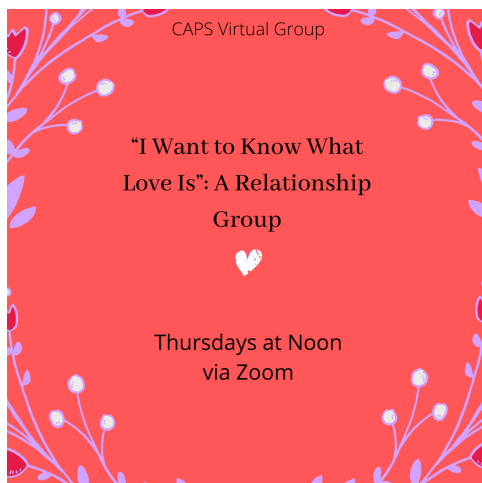
Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each in understanding and coping with family relationships.



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.



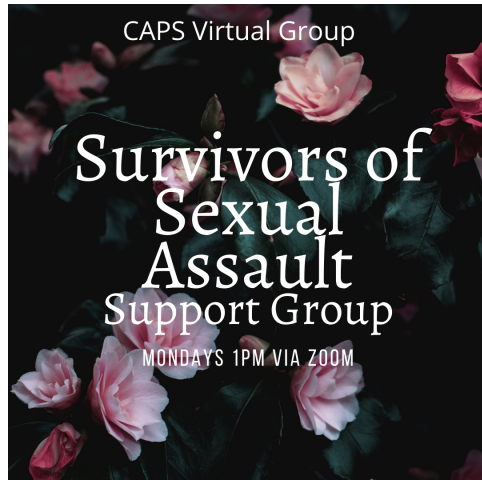
1PM, Mindful Self-Compassion (Drop-In) Group: Pathways to Self-Acceptance, Inner Strength, and Resilience, *Facilitated by Melle Browning, LMFT*

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!



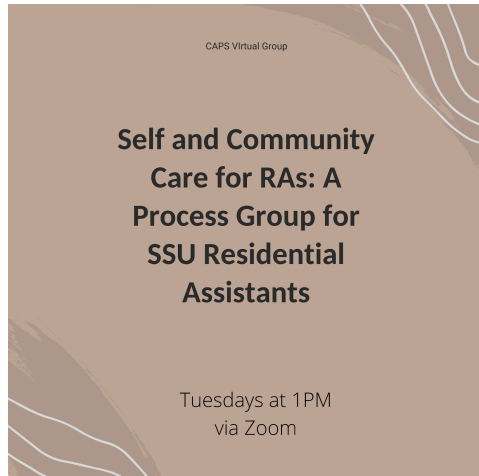
Mondays 1PM, Survivors of Sexual Assault (Process) Group, Facilitated by Dr. Courtney Avvampato

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

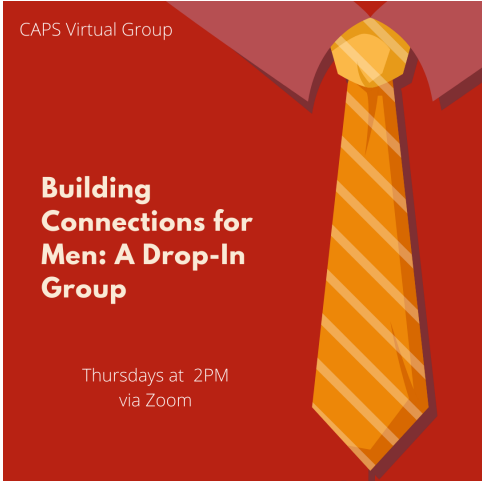
This group is for current student athletes at SSU. It is being offered to allow space for discussion of varying issues that affect student athletes every day. Topics discussed will include maintaining motivation for practice, how to manage anxiety related to Covid-19 and training, self-care for athletes,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

	<p>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.</p>
	<p>Thursdays 2PM, Building Connections for Men: (Drop in) Group, <i>Facilitated by Dr. Andrew Kerlow-Myers</i></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, <i>Facilitated by Dr. Elisa Vasquez</i></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>

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!**