

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

# CAPS CARES

## An Update for Our Campus Community



### Counseling Services

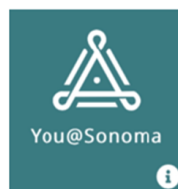
Services are now in-person! Our front office is open for walk-in appointment scheduling and crisis appointments. Don't forget that you can call in at any time to receive counseling support!

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

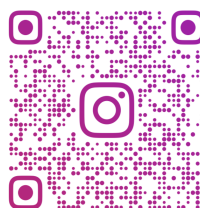
For more information on CAPS services call or email us at  
**[caps@sonoma.edu](mailto:caps@sonoma.edu)**

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 to our returners 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.

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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

Spring semester has arrived and with it an approaching changing of seasons. As we enter into the second half of the academic year, the recent change in weather is a signal of what is to come. "Spring is far more than just a changing of seasons; it's a rebirth of the spirit" - Toni Sorenson. This kind of transition can be exhilarating as well as taxing. Regardless of where you fall on this spectrum, CAPS is here to support you!

Everyone deserves support. There has been much happening in the world recently, in particular the recent acts of violence in our communities, that could be taking a toll; we are here to listen. For some, this might be an exciting but also possibly anxiety provoking season with an upcoming graduation; we are here to listen. For others who are having difficulty managing intense and overwhelming emotions; we are here to listen. For those having difficulty with their friends, partners or roommates; we are here to listen. Regardless of what brings you to CAPS, we are here to support each and every Sonoma State student.

We hope that you will all remember the mental health services available to you on campus and reach out to us as needed. There is no extra cost or fee to utilize our services and they are fully confidential! We highly encourage folks to check out the various groups and workshops that we will be offering this semester. These are great opportunities to cultivate community on campus!

We have our full list of services in the following pages of this newsletter. If you have any further questions or concerns about our services, call or email us today!

With Love & Solidarity,

CAPS TEAM

## **CONFIDENTIAL ADVOCACY**

**Confidential Advocacy is SSU's primary confidential resource for addressing sexual assault, intimate partner violence, dating violence, domestic violence, stalking, sexual exploitation, and harrassment.**

**A supportive place to start.**

The office of the Confidential Advocate brings a holistic approach to supporting survivors. Advocates provide affirming, empowering, free, confidential support through a non-judgemental, compassionate approach to exploring all options, rights, and resources.

It is always your decision to pursue any of the available resources, and you can access support without reporting to the police, OPHD, or the University. We are here to support your decisions. We are NOT reporting employees. We are CONFIDENTIAL. We encourage you to ask questions if you have any concerns or hesitations. **You deserve safety, respect, and care.**

We also provide academic, housing, and administrative advocacy so please connect with advocacy to see how we can help.

Schedule a meeting with the advocate here: <https://calendly.com/pulidosu>

Find us on Instagram: @advocacyatssu Confidential Advocate Susan Pulido

- **Contact Info:** [susan.pulido@sonoma.edu](mailto:susan.pulido@sonoma.edu), (707) 664-2698

**Confidential Advocate Office Location: Beaujolais Classico 117**

## 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 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

**2/09 Thurs from 1-2:30 PM**

**3/07 Tues from 10:30-12:00 PM**

**4/06 Thurs from 3:30-5 PM**

**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 Myers

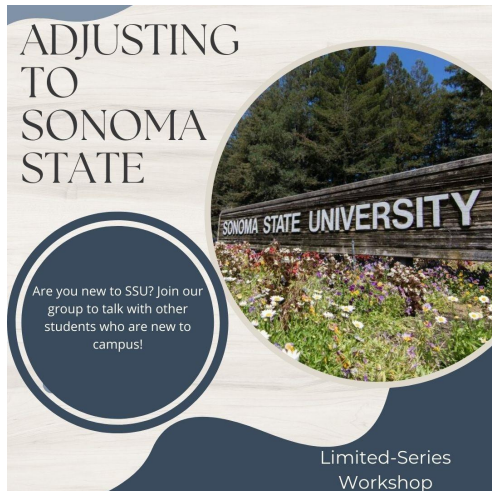
Come join CAPS for the WELLWolves Workshop. WELLWolves is an expansion of the popular Keep A Seawolf Safe suicide-prevention workshop. WELLWolves covers the common mental health struggles of SSU students, including anxiety and depression, and participants will learn basic helping skills to support Seawolf mental health. SSU students, faculty, and staff can take both the WELLWolves and Keep A Seawolf SAFE workshops, or either module independently.

**4/06 Thurs from 1-5 PM (this includes a Keep A Seawolf SAFE presentation from 3:30-5 PM)**

**More dates to be announced!**

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

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



### **Adjusting To Sonoma State Limited-Series Workshop**, facilitated by Dr. Courtney Avvampato

Join a 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 adjusting to change. Come to one or all sessions!

**2/10 Friday from 12-1PM**

**2/24 Friday from 12-1PM**

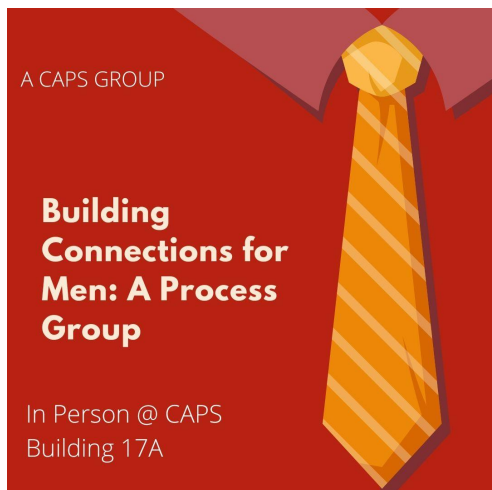
**3/10 Friday from 12-1PM**

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

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

## **FALL 2022 GROUPS**

### **Mondays**



### **Day/Time TBD, Building Connections for Men Group**, facilitated by Dr. Andrew 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. This group does require a group screen appointment with the facilitating clinician to get started.

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

**Location: CAPS, Building 17A**



## Autism Support Group



IN PERSON  
Hosted at CAPS - Building 17A  
For Current SSU students only. Contact CAPS for more information.

**Mondays @ 1PM, Autism Support Group**, facilitated by Emma Coe, LMFT

Join a confidential, supportive space for SSU Students on the Autism Spectrum to share their lived experiences and develop a better understanding of themselves and their fellow neurodivergent peers. Come and co-create a community of individuals that support one another in exploring the challenges and the joys of navigating the college social environment! This group does require a group screen appointment with the facilitating clinician to get started.

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

**Location: CAPS, Building 17A**

## Tuesdays



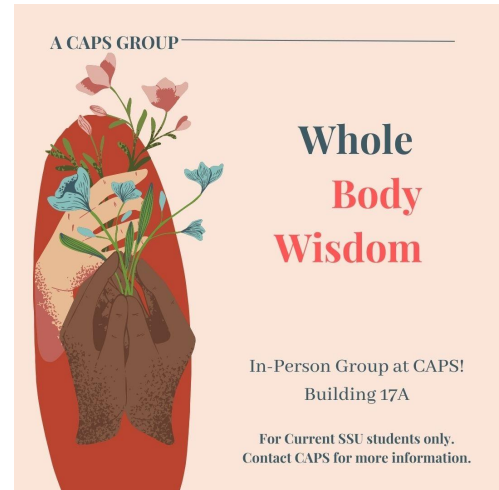
**Tuesdays 12PM, Common Thread: LGBTQIA+ Support (Drop-In) Group**, facilitated by Dr. Isa Avila Saiter

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!**

**Starting 1/31/23**

**Location: CAPS, Building 17A**

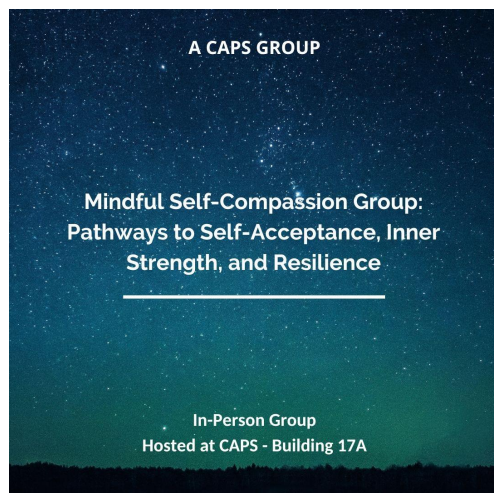


**Day/Time TBD, Whole Body Wisdom Group,**  
facilitated by Meredith Denton, LCSW

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! This group does require a group screen appointment with the facilitating clinician to get started.

**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!**

**Starting 2/7/23**

**Location: CAPS, Building 17A**



## Wednesdays



### Day/Time TBD, **Not the Perfect Family 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. This group does require a group screen appointment with the facilitating clinician to get started.

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

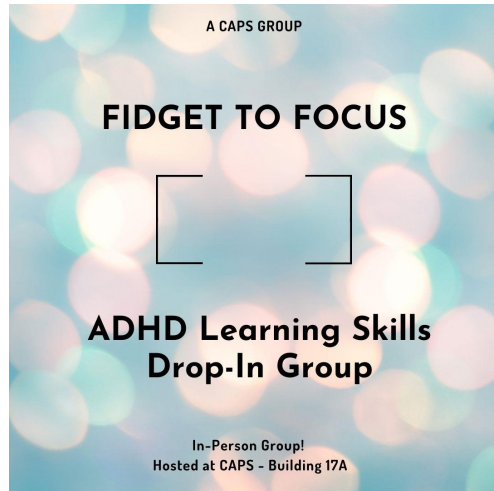
**Location: CAPS, Building 17A**



### **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 2/1/23, and meets every Wednesday!**



### **Wednesdays 1PM, Fidget to Focus: ADHD Learning Skills (Drop-In) Group**, facilitated by Dr. Andrew 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!**

**Location: CAPS, Building 17A**

## **Thursdays**

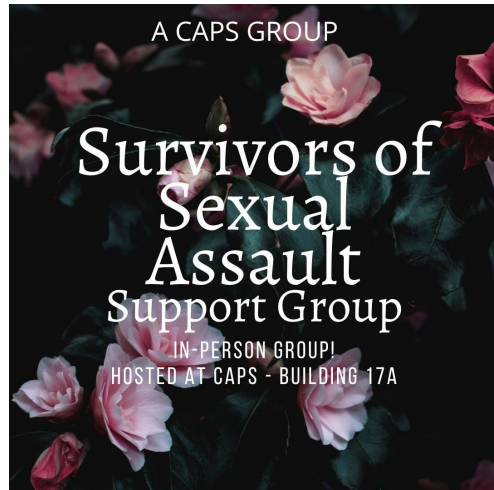


### **Thursdays 12PM, “I Want to Know What Love Is”: A Relationship Group**, facilitated by Dr. Irene Wise

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. This group does require a group screen appointment with the facilitating clinician to get started.

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

**Location: CAPS, Building 17A**



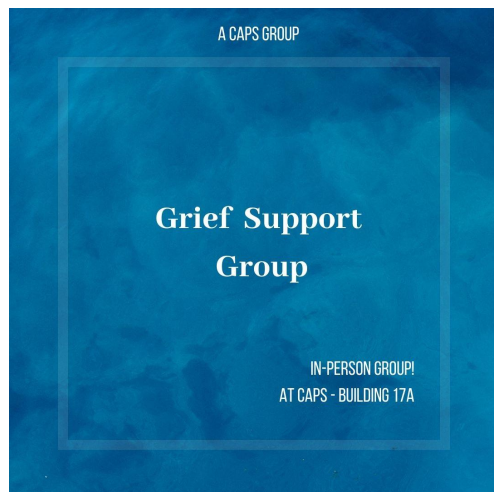
### **Thursdays at 3PM, Survivors of Sexual Assault Group**, facilitated by Dr. Rociel Martinez

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. This group does require a group screen appointment with the facilitating clinician to get started.

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

**Location: CAPS, Building 17A**

## **Fridays**

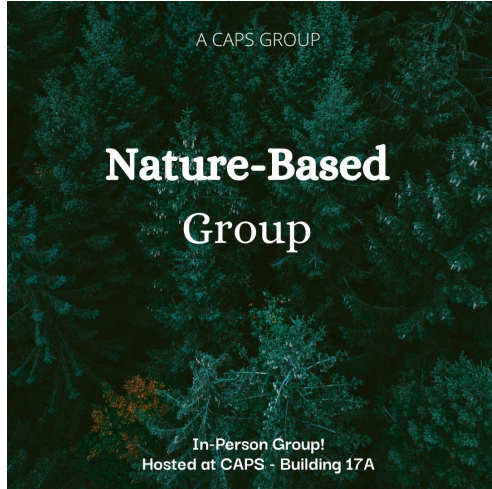


### **Fridays 2PM, Grief Support Group**, facilitated by Dr. Courtney Avvampato

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. This group does require a group screen appointment with the facilitating clinician to get started.

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

**Location: CAPS, Building 17A**



**Fridays 2PM, Nature-Based Group**, facilitated by  
Meredith Denton, LCSW

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. This group does require a group screen appointment with the facilitating clinician to get started.

**Fridays @ 2PM**

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

**Location: CAPS, Building 17A**

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