

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

CAPS CARES

An Update for Our Campus Community



Counseling Services

Hello, Seawolves! **Welcome back** for the fall 2026 semester!

Services are in person. Don't forget that you can call at any time to receive counseling support!

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

For information about CAPS services, visit **caps.sonoma.edu** or email us at **caps@sonoma.edu**

CAPS is located at:
Building 17A (behind Salazar)

Follow us on Instagram for updates!



CAPS Outreach

CAPS clinicians and Mental Health Ambassadors are available to provide psychoeducational presentations to student groups and clubs, as well as faculty and staff groups or departments.

If you are interested in having a representative from CAPS provide a presentation, please call or email us with the date and time of your event, along with a brief description of the presentation you are requesting.

We ask that presentation requests be submitted at least two weeks in advance.

World Mental Health Day

Join us in Seawolf Plaza for World Mental Health Day! We hope to raise awareness, reduce stigma, and encourage open, caring conversations about mental well-being. Together, we can help create a campus community where students feel supported, connected, and empowered to care for themselves and one another.

**October 8th,
11am to 1pm**

In front of the Schultz Library



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
Appointment Hours: Monday - Tuesday 8am to 6pm,
& Wednesday - Friday 8am to 5pm
Front Desk Hours: Monday - Friday 8am to noon and 1pm to 5pm
*For emergencies involving an immediate risk of harm to yourself or others,
call 911 or go to the nearest emergency room.*

A Word from CAPS

CAPS offers a warm welcome to all new and returning students. Though summer can offer an opportunity for rest, relaxation, and a step away from the usual routine of work and school, the fall often introduces an element of excitement and anticipation for upcoming opportunities. Fall is full of possibilities, whether that means getting involved in something new, meeting new people and forming friendships, or discovering more about yourself. CAPS can provide support through these changes, as even positive transitions can come with growing pains. We encourage any student to reach out for help and support and to remember that they don't need to tackle the hard things alone.

With Love & Solidarity,
The CAPS Team

Staff Announcements

Hannah Stevenson, PhD



Hannah joins the CAPS team as a Post-Doctoral Counselor Fellow. Hannah earned her PhD in counseling psychology from Howard University in Washington, DC. Her training and experience include working in university counseling centers (Howard University Counseling Service; Notre Dame of Maryland University Counseling Services; George Mason University Counseling and Psychological Services; University of Missouri, Kansas City Counseling Services)

and assessment-focused private practice. Hannah employs a relational, psychodynamic, anti-colonial approach to the practice of psychotherapy. She enjoys supporting students as they explore their complex histories, intersectionalities, and patterns of interpersonal relation.

Hannah reveres the opportunity to come alongside students as they move through academic life and pursue their fullest, most authentic selves.

Confidential Advocacy

Confidential Advocacy is a confidential resource that supports students, staff, and faculty who may have experienced harm such as sexual assault, dating or domestic violence, stalking, or harassment.



Visit us at: <https://caps.sonoma.edu/confidential-advocacy> for more information. If you are interested in co-hosting an event with our advocacy department, would like a presentation for a club, class, or group, or would like to learn more about what confidential advocacy can offer, please reach out to Kellie Douglas at douglask@sonoma.edu!



CAPS Mental Health Ambassador Internship Program!

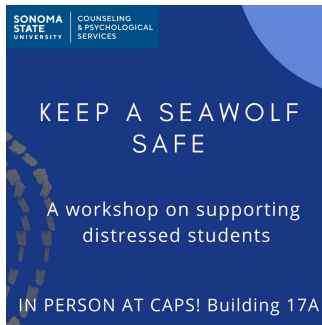
Our Mental Health Ambassadors are an integral part of how CAPS reaches students and informs the campus about our mental health services. Each semester, they actively engage in outreach by tabling and providing presentations about CAPS and mental health related topics such as self-care. In the fall semester, the Mental Health Ambassadors will provide mental health and well-being resources and activities in honor of Mental Health Awareness Week. Wave hello to our current cohort of MHAs when they are out tabling or presenting on campus!



If you would like our MHAs to table or present at your event or during a class, please email us at: caps@sonoma.edu.

*** Please provide at least two weeks' advance notice for all outreach requests ***

CAPS Workshops



Keep A Seawolf SAFE

Keep a Seawolf SAFE is a 90-minute workshop that prepares SSU students, faculty, and staff to better support distressed students. **Ask your professors if this event qualifies for extra credit.**

Wednesday, October 21st, 3pm to 4:30pm
Tuesday, November 17th, 11am to 12:30pm
or by request (see our groups page online)

Location: CAPS, Building 17A

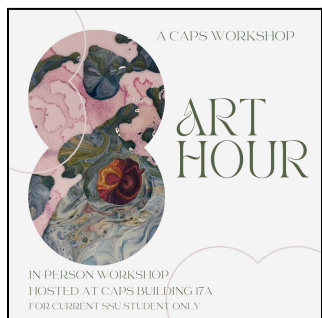


WELLWolves

WELLWolves covers the common mental health challenges of SSU students, including anxiety and depression, and participants will learn basic helping skills to support Seawolf mental health.

Call or email CAPS to request this workshop!

Location: CAPS, Building 17A



Art Hour

An opportunity to practice self-care through artistic expression.

Wednesday, October 7th, 3pm to 4pm
Tuesday, October 27th, 5pm to 6pm
Friday, November 13th, 2pm to 3pm

Location: CAPS, Building 17A

**Have an idea for a
workshop that you
want to see at CAPS?
Let us know!**

CAPS Drop-In Groups

Prior registration not required. Drop in and check it out!

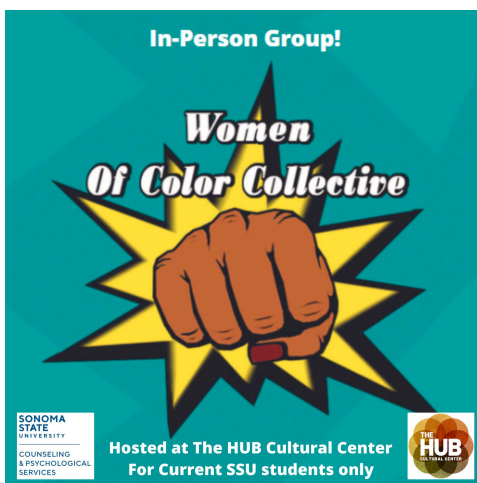


Common Thread: LGBTQIA+ Support Group Mondays at 5pm

Running NOW

Hosted at CAPS - Building 17A

A weekly support group designed to provide a safe and confidential space for SSU students with 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.



Women of Color Collective

Wednesdays at Noon

Running NOW

Hosted at the HUB

The Women of Color Collective (WOCC) is a weekly community building and discussion space facilitated by a WOC clinician from CAPS. Share and be inspired by our collective stories as WOC SSU students. Connect, support, empower and share resources and kinship as we navigate the joys and challenges of our beautiful intersectional experiences.

CAPS Process Groups

Prior registration is required, and start dates are TBD.

Call or email CAPS to find out more or sign up!

