



January 22, 2025

To: Sonoma State Employees
Fr: Chandra Holte, AVP for Human Resources
Re: Supporting Our Campus Community During Organizational Change

As we navigate the significant organizational changes currently underway, we want to acknowledge the impact these transitions may have on our employees and their families. While change is often necessary, it can also feel unsettling. To support our community, we want to highlight the resources available to help employees manage stress, access guidance, and prioritize well-being during this time:

On-Campus Drop-in Empathia Counselor Support

Beginning Thursday, January 23, 2025 - Tuesday, February 4, 2025, we are offering on-campus drop-in support:

- **Location:** Stevenson 2nd Floor, Rooms 2407 and 2408
- **Hours:** 10 a.m. - 4 p.m. daily
- **Details:** Counselors will be available for confidential drop-in sessions and printed information will be provided on site.

Employee Assistance Program (EAP)

Our EAP, administered through Empathia, offers a variety of confidential resources and support services, including:

- **24/7 Telephone Assessment/Counseling:** Call 1-800-367-7474 at any time.
- **Access to MyLifeMatters:** Use our company password "sonoma" to access online services for educational information, care resources, self-help tips, videos, and interactive tools.
- **Counseling Sessions:** Up to six free in-person sessions with a local counselor.
- **Work/Life Resources:** Referrals for caregiving, eldercare, and other services.
- **Financial Consultations:** Assistance with budgeting, debt management, and planning.
- **Legal Consultations:** Free advice from a qualified attorney.
- **Smoking Cessation Program:** Support to help you quit.

- **Spanish-Speaking Counselors:** Available upon request.
- **And More:** Explore additional resources through [MyLifeMatters.com](https://www.mylifematters.com)

Coping with Stressful Change

Taking care of your mental and emotional well-being is vital during times of change. We encourage you to consider self-care best practices such as setting aside time

- **Self-Care Tips:** Set aside time for yourself to relax and recharge.
- **On-Demand Empathia Classes:**
 - [*Adapting to Workplace Change*](#)
 - [*Times of Uncertainty*](#)

We are committed to supporting our campus community amidst change. Please take advantage of these resources and share them with colleagues who may benefit. If you have questions or need other support, also do not hesitate to email payroll@sonoma.edu so that our team can provide additional resources.

Thank you for your dedication to our shared mission as we navigate this transition together.