No-Cost Group Support/Counseling

Palm Springs Location

Trans Tuesdays Via Zoom
Co-Hosted by Dr. Jill Hingston, PhD & Candice Nichols. Tuesdays at 6:30pm.
Confidential online meetings. Significant others & family welcome. More info/join, email jill@thecentercv.org.

Sacred Wounds
Faciliated by Amy Prescott, Psych Assoc & Esther Loewen, MFT Clinical Trainee. 2nd & 4th Wednesday 6:30pm-8pm.
In person drop-in therapeutic support group for those who experienced religious hurt, discrimination, and/or ostracization. More info/join, email amy@thecentercv.org or esther@thecentercv.org.

Dialectical Behavioral Therapy (DBT) Via Zoom
Facilitated by Dr. Christopher Hawkey, PhD. Thursdays 4pm-5:30pm.
Online skills group teaching mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. The program is 3- 8 week modules with rolling enrollment. More info/join, email christopher@thecentercv.org.

Bereavement Group
Facilitated by Clay Sterzik, AMFT. 12-week closed group, Wednesdays 2pm-3:30pm.
In person therapeutic support group for those experiencing greif and bereavement. This is a closed group that meets for 12 weeks every Monday from 6pm-7:30pm. More info/join, email clay@thecentercv.org.

Come Together Support Group
Facilitated by Scott Shatsky, AMFT. Tuesdays 5:30pm-6:30pm.
Our drop-in general support group is for those experiencing a variety of concerns. Learn coping skills, share with others, and process your experiences. If you are currently wait-listed for therapy, this can be a great resource while you wait! More info/join, email scott@thecentercv.org.

Women Like Us
Facilitated by Dr. Ann Engel, ACSW. Thursdays 4pm-6pm.
In-person, women only therapeutic support group for self-identified women who love women. More info/join, email ann@thecentercv.org.

C U Next Tuesday
Facilitated by Dr. Ann Engel, ACSW. Tuesdays 4pm-5:15pm.
6-week, In-person, women only therapeutic journaling support group. More info/join, email ann@thecentercv.org.

Lust For Life - Sex Positive Therapy Group
Facilitated by Manny Diaz, MFT Trainee and Scott Shatsky, AMFT. Thursdays 5:30-7pm.
Group for all genders and sexual orientations exploring the psychosexual spectrum including stigmas, shame, ideals, interests, and perceived needs. More info/join, email scott@thecentercv.org or manny@thecentercv.org.

New Groups form on a continuing basis, please check our website, newsletter, or call for more information and our current offerings.
Thecentercv.org or (760) 416-7790, option 3