



## **No-Cost Group Support/Counseling**

### *Palm Springs Location*

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#### **Trans Tuesdays Via Zoom & In Person**

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](mailto:jill@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](mailto:christopher@thecentercv.org).

#### **Bereavement Group**

Facilitated by Clay Sterzik, AMFT, Supervised by Dr. Jill Hingston, LMFT.

12-week closed group, Mondays 6pm-7pm.

In person therapeutic support group for those experiencing grief 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](mailto:clay@thecentercv.org).

#### **Healthy Boundaries**

Facilitated by Debbie Kahng, Clinical Trainee, Supervised by Dr. Jill Hingston, LMFT, Mondays 6pm-7pm.

In person, drop-in group focused on how to care for one's self while implementing and maintaining boundaries through interactive experiences. More info/join, email [debbie@thecentercv.org](mailto:debbie@thecentercv.org).

#### **Sacred Wounds Via Zoom**

Facilitated by Esther Loewen & Debbie Kahng, Clinical Trainees, Supervised by Dr. Jill Hingston, LMFT.

Wednesdays 10am-11am. Virtual drop-in therapeutic support group for those who experienced religious hurt, discrimination, and/or ostracization. More info/join, email [esther@thecentercv.org](mailto:esther@thecentercv.org).

#### **Women Like Us**

Facilitated by Lucy Eads, Registered Psychological Associate #94028011, Supervised by Dr. Sean Ferri, LCP

#34510. Tuesdays 4pm-5pm. In person, drop-in therapeutic support group for all LGBTQ+ women to explore various topics related to health, aging, relationships, and more. More info/join, email [lucy@thecentercv.org](mailto:lucy@thecentercv.org).

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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**