



No-Cost Group Support/Counseling

Palm Springs Location

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. Every 3rd Tuesday, in person.

More info/join, email 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.

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.

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.

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.

Therapy In Motion

Facilitated by Eugene Williams, Associate Clinical Social Worker #94806, Supervised by Amber Makar, LCSW

Mondays 5:15pm-6:15pm. In person, drop-in therapeutic dance group. Therapy in Motion is a fun, energetic, and affirming dance class for anyone who wants to move. Dance at your own pace to choreographed pop music and cultivate self-care and wellness in a fun way. Dress to sweat! More info/join, email eugene@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



Let's Be Perfectly Queer

Facilitated by Tim Rogers, Clinical Trainee. Thursdays 11am-12pm.

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 timothy@thecentercv.org.

Lust For Life - Sex Positive Therapy Group

Facilitated by Jose Campos Lopez, Clinical Trainee, Supervised by Dr. Jill Hingston, LMFT, Tuesdays 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 jose@thecentercv.org.

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