



Palm Springs No-Cost Group Support

Trans Tuesdays Via Zoom & In Person Facilitated by Dr. Jill Hingston, LMFT #50487 & Candice Nichols. 1st and 3rd Tuesdays at 6:30pm. Confidential online meetings. Significant others & family welcome. More info/join, email jill@thecentercv.org.

Dialectical Behavioral Therapy (DBT) Via Zoom Facilitated by Esther Loewen, AMFT #142998 and Debbie Kahng, AMFT #147330. Thursdays 5pm-6:30pm. Virtual 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 sean@thecentercv.org.

Bereavement Group Facilitated by Meghan Sullivan, Clinical Trainee and Lucy Eads, Registered Psychological Associate #94028011. Mondays 5pm-6:60pm or Wednesdays 2pm-3:30pm. In person 8-week closed therapeutic support group for those experiencing grief and bereavement. More info/join, email sean@thecentercv.org.

Healthy Boundaries Facilitated by Debbie Kahng, AMFT #147330. Mondays 6pm-7pm. In person, drop-in group focused on how to care for oneself while implementing and maintaining boundaries through interactive experiences. More info/join, email debbie@thecentercv.org.

Sacred Wounds Via Zoom Facilitated by Esther Loewen, AMFT #142998 & Debbie Kahng, AMFT #147330. 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, ACSW #94806. 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.

Fierce Femmes! Via Zoom Facilitated by Esther Loewen, AMFT #142998. 2nd & 4th Tuesday 6:30pm-7:30pm. Virtual support group providing a safe & inclusive space for individuals who identify as transfeminine to come together, share experiences, offer support, and build community. More info/join, email esther@thecentercv.org.

Healing Arts Facilitated by Lucy Eads, Registered Psychological Associate #94028011. Tuesdays 4pm-5pm. In-person, drop-in art therapy support group for adults. Using paint, crayons, coloring, clay, etc., participants will learn to explore and process emotions and experiences. For more info/join, email lucy@thecentercv.org.

Post Election Anxiety Facilitated by Mark Esperti, Clinical Trainee & Dr. Jill Hingston, LMFT. Mondays 4pm-5pm & Fridays 12pm-1pm. In-person, drop-in support group to help process anxiety and stress related to the presidential election and politics in general. For more info/join, email mark@thecentercv.org.

CoDA Facilitated by Debbie Kahng, AMFT #147330. Wednesdays 12pm-1pm. In-person, drop-in 12 step recovery meeting for those who identify as Codependent. The only desire is to have healthy loving relationships. For more info/join, email debbie@thecentercv.org.

Clinical Trainees & Associate Level Clinicians are under the supervision of Dr. Jill Hingston, LMFT #50487, Dr. Sean Ferri, Licensed Clinical Psychologist #34510, and/or Amber Makar, LCSW #24537.
