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## Palm Springs No-Cost Group Support

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**Trans Tuesdays Via Zoom & In Person** Facilitated by Dr. Jill Hingston, LMFT #50487 & Candice Nichols. 1<sup>st</sup> and 3<sup>rd</sup> 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 Esther Loewen, AMFT #142998 Thursdays 6pm-7:30pm. 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:eugene@thecentercv.org).

**Fierce Femmes! Via Zoom** Facilitated by Esther Loewen, AMFT #142998. 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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](mailto:lucy@thecentercv.org).

**Post Election Anxiety** Facilitated by Mark Esperti, Clinical Trainee. Mondays 4pm-5pm. 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](mailto: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](mailto: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.**

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