



## Palm Springs No-Cost Group Support

---

**Trans Tuesdays** Facilitated by Dr. Jill Hingston, LMFT #50487 & Candice Nichols. 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays at 6:30pm. Virtual support group for trans and gender expansive folx. Significant others & family welcome. More info/join, email [jill@thecentercv.org](mailto:jill@thecentercv.org).

**Healthy Boundaries** Facilitated by Debbie Kahng, AMFT #147330. Mondays 6pm-7pm. In person, 8-week closed 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** Facilitated by Esther Loewen, LMFT #159064 & 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!** Facilitated by Esther Loewen, LMFT #159064. 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).

**Who Cares?** Facilitated by Eugene Williams, ACSW #94806. Fridays 11am-12pm. Hybrid, drop-in support group for caregivers. For more info/join, email [eugene@thecentercv.org](mailto:eugene@thecentercv.org).

**Mindful Mondays** Facilitated by Eugene Williams, ACSW #94806 & Meghan Sullivan, ACSW # 130859. Mondays 2pm-3pm. In-person, 8-week closed group focused on stress management and reduction through mindfulness, meditation, and body movement. More info/join, email [sean@thecentercv.org](mailto:sean@thecentercv.org)

## Palm Springs Fee-Based Group Support

---

The below groups are \$120 for the 8-week group. Participants will be charged \$15/week during the group.

**Dialectical Behavioral Therapy (DBT)** Facilitated by Esther Loewen, LMFT #159064 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, ACSW #130859 Mondays 5pm-6:60pm. 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).

---

Clinical Trainees & Associate Level Clinicians are under the supervision of Dr. Jill Hingston, LMFT #50487, Dr. Sean Ferri, Licensed Clinical Psychologist #34510, and/or Kelly Logan, LCSW #105711.

---