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## Palm Springs No-Cost Group Support

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**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).

**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. A fun, energetic, and affirming dance class for anyone who wants to move. 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).

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## Palm Springs Fee-Based Group Support

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**Dialectical Behavioral Therapy (DBT)** Facilitated by Esther Loewen, LMFT #159064 Thursdays 6pm-7:30pm. \$120 billed at \$15/week. Virtual skills group teaching mindfulness, distress tolerance, interpersonal effectiveness, & emotion regulation. 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. \$120 billed at \$15/week. 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).

**Mindful Mondays** Facilitated by Eugene Williams, ACSW #94806 & Meghan Sullivan, ACSW # 130859 \$120 billed at \$15/week. Mondays 10am-11am. 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)

**Sleep Seekers** Facilitated by Lucy Eads, Registered Psychological Associate #94028011. Wednesdays 2pm-3:30pm. \$120 billed at \$15/week. In person, 8-week closed group focused on improving sleep disturbances using Cognitive Behavioral Therapy for insomnia and other sleep disorders. For more info/join, email [sean@thecentercv.org](mailto:sean@thecentercv.org).

**Write Your Own Obituary** Facilitated by Krystal Kennedy, Clinical Trainee. Mondays 1pm-2:30pm. \$60 billed at \$15/week. In-person, 4-week closed CBT Workshop on Living a Life Worth Writing About. This is not a morbid exercise - it's a joyful irreverent, therapeutic way to get clear on what you want your life to mean. For more info/join, email [sean@thecentercv.org](mailto:sean@thecentercv.org).

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**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.**

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