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## Palm Springs No-Cost Group Support

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**Trans Tuesdays** Dr. Jill Hingston, LMFT #50487. 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 6:30pm.

Virtual group for trans/gender expansive folx. Loved ones welcome. More info/join: [jill@thecentercv.org](mailto:jill@thecentercv.org).

**Sacred Wounds** Esther Loewen, LMFT #159064 & Debbie Kahng, AMFT #147330. Wednesdays 10am-11am.

Virtual drop-in group for folx with religious hurt and discrimination. More info/join: [esther@thecentercv.org](mailto:esther@thecentercv.org).

**Therapy In Motion** 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: [eugene@thecentercv.org](mailto:eugene@thecentercv.org).

**Who Cares?** Eugene Williams, ACSW #94806. Fridays 11am-12pm.

Hybrid, drop-in group for caregivers. For more info/join: [eugene@thecentercv.org](mailto:eugene@thecentercv.org).

**SMART Recovery: Life Beyond Addiction** Debbie Kahng, AMFT #147330. Wednesdays 12-1pm.

In-person, drop-in group empowering you to navigate your own path using 25 years of proven methods to turn old behaviors into a new beginning. More info/join: [debbie@thecentercv.org](mailto:debbie@thecentercv.org).

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## Palm Springs Fee-Based Group Support

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To register or for more info for our fee-based groups, email [sean@thecentercv.org](mailto:sean@thecentercv.org).

**Dialectical Behavioral Therapy (DBT)** Esther Loewen, LMFT #159064. Thursdays 6pm-7:30pm.

\$120 billed at \$15/week. Virtual, 8-week closed skills group teaching mindfulness, distress tolerance, interpersonal effectiveness, & emotion regulation.

**Bereavement Group** 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.

**Mindful Mondays** Eugene Williams, ACSW #94806 & Meghan Sullivan, ACSW # 130859 Mondays 10am-11am.

\$120 billed at \$15/week. In-person, 8-week closed group focused on stress management and reduction through mindfulness, meditation, and body movement.

**Sleep Seekers** Lucy Eads, 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.

**Write Your Own Obituary** 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.

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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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