



Palm Springs No-Cost Group Support

Trans Tuesdays Dr. Jill Hingston, LMFT #50487. 1st & 3rd Tuesdays 6:30pm. **Virtual**
Support group for trans/gender expansive folx. Loved ones welcome. More info/join: 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.

Therapy In Motion Eugene Williams, ASW #138763. 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.

Who Cares? Eugene Williams, ASW #138763. Fridays 11am-12pm. **Hybrid**
Drop-in group for caregivers. For more info/join: 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.

Palm Springs Fee-Based Group Support

To register or for more info for our fee-based groups, email sean@thecentercv.org.

Dialectical Behavioral Therapy (DBT) Esther Loewen, LMFT #159064. Thursdays 6pm-7:30pm. **Virtual**
\$120 billed at \$15/week. 8-week closed skills group teaching mindfulness, distress tolerance, interpersonal effectiveness, & emotion regulation.

Bereavement Group Meghan Sullivan, ACSW #130859 Mondays 5pm-6:60pm. **In-person**
\$120 billed at \$15/week. 8-week closed therapeutic support group for those experiencing grief.

Mindful Mondays Eugene Williams, ASW#138763 & Meghan Sullivan, ASW#130859 Mondays 10am-11am. **In-person**
\$120 billed at \$15/week. In-person, 8-week closed group focused on stress management and reduction through mindfulness, meditation, & body movement.

Sleep Seekers Lucy Eads, Psychological Associate #94028011. Wednesdays 2pm-3:30pm. **In-person**
\$120 billed at \$15/week. In person, 6-week closed group focused on improving sleep.

Write Your Own Obituary Krystal Kennedy, Clinical Trainee. Mondays 1pm-2:30pm. **In-person**
\$60 billed at \$15/week. 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.

Our Luteal Lives Grace Garcia Prieto, AMFT #159356. Thursdays 6pm-7:30pm. **Virtual**
\$150 billed at \$15/week. 10-week closed DBT skills group for people with PMDD to navigate symptoms, regulate emotions, & build resilience throughout their cycle. For more info/join: grace@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.
