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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**

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

**Sacred Wounds** Debbie Kahng, AMFT 147330. 1<sup>st</sup> Wednesday, Monthly 10am–11am. **Virtual**

Drop-in group for folx with religious hurt and discrimination. More info/join: [debbie@thecentercv.org](mailto:debbie@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](mailto: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](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)** Grace Garcia Prieto, AMFT 159356. Tuesdays 6pm–7:30pm. **Virtual**

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

**Bereavement Group** Alternating Facilitators. Time varies. **In-person**

\$120 billed at \$15/week. 8-week closed therapeutic support group for those experiencing grief.

**Women's Bereavement Group** Alternating Facilitators. Time varies. **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**

\$90 billed at \$15/week. In-person, 6-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**

\$90 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.

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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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