Palm Springs No-Cost Group Support

Mindful Mondays Eugene Williams, ASW 138763. Mondays 10am-11am. Nov 16-Dec 21, 2026. **In-person**
6-week drop-in group focused on stress management and reduction through mindfulness, meditation, & body movement. More info/join: eugene@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.

Women of a Certain (R)age Dr. Jill Hingston, LMFT 50487. Monday 12-1pm. **In Person.**
Drop-in support group for women to share and explore what nobody told us about aging. More info/join: jill@thecentercv.org.

Queer Asian Community Circle Debbie Kahng, AMFT 147330. 1st Monday, Monthly 6-8pm. **In-person**
Drop-in support group offering a welcoming space for LGBTQ+ Asian and Pacific Islander adults to connect, share, heal, and build chosen family. More info/join: debbie@thecentercv.org.

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 Debbie Kahng, AMFT 147330. 1st Wednesday, Monthly 10am-11am. **Virtual**
Drop-in group for folx with religious hurt and discrimination. More info/join: debbie@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.

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

Write Your Own Obituary Krystal Kennedy, Clinical Trainee. Wednesdays 1:15pm-2:15pm. **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.

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.