

Community Institute for Psychotherapy

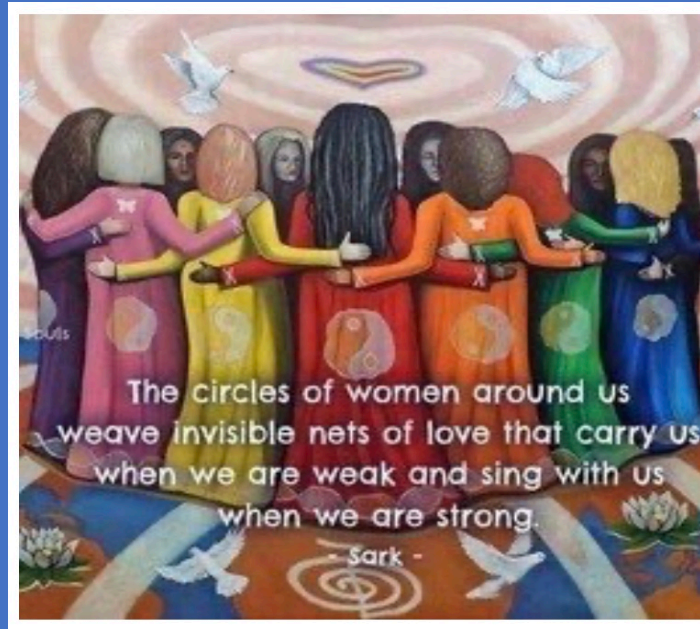
1330 Lincoln Ave #201, San Rafael, CA 94901-2141

Phone (415) 459-5999

www.cipmarin.org



Lift Your Spirits



Join a Circle of Support

- Strengthen self-awareness and develop a better understanding of yourself, your thoughts, and your emotions.
- Understand the influence of past and present behavior.
- Develop a "tool box" of strategies to reduce depression and anxiety in your daily life in order to manage difficult feelings and distress.
- Explore and learn in a safe and supportive group setting.

Women's Therapy Group

When: Mondays 6:15 – 7:45 pm

Cost: \$20 - \$40 Sliding Scale

Where: **ZOOM for now**
When we can:
1330 Lincoln Ave #201
San Rafael

Led By: Kacy Dapp
Keren Josephs
Under the supervision of:
Dylan Kersh, LMFT
License # LMFT 107259

Please call: (415) 459-5999 x450

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CIP is a nonprofit agency, serving Marin County for over 40 years.

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