

Community Institute for Psychotherapy

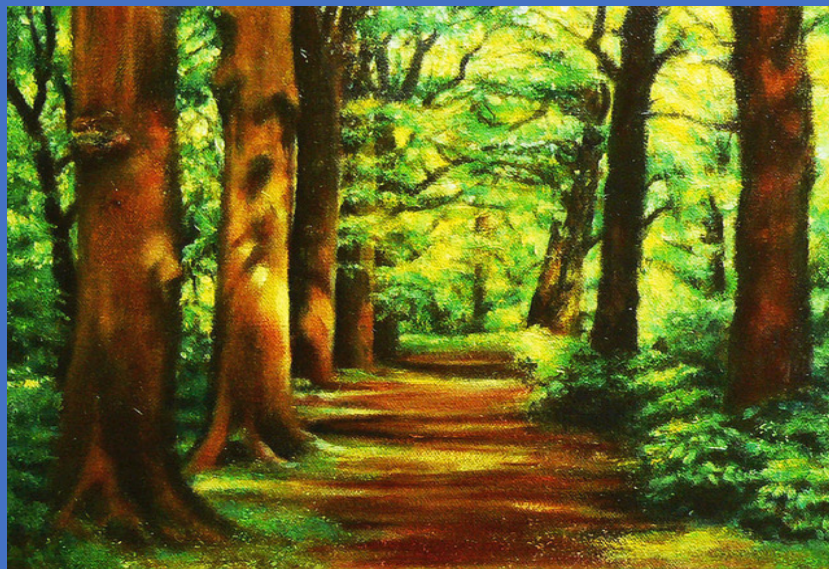
1330 Lincoln Ave #201, San Rafael, CA 94901-2141

Phone (415) 459-5999

www.cipmarin.org



Understanding & Coping with Anxiety and Depression



Stress is hard on everyone but dealing with anxiety and depression on top of already difficult times can diminish our joy, making simple functioning difficult.

At times, we can struggle with perfectionism, self-criticism, ruminating/anxious thoughts, depression, self-esteem etc....

Groups help us learn from each other, unburden our struggles & discover that we are not alone.

We will cover topics related to stress resilience for people in this time of high anxiety and depression during COVID19.

We will share information on Resiliency, Mindfulness & Self Compassion while using tools & techniques including from CBT, DBT, ACT & Mindful Self Compassion modalities. It can get better!

When: Wednesdays, 6:15 – 7:45 pm

Cost: \$20 - \$40 Sliding Scale
Medi-Cal Accepted

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

Led By: Yael Heffer, *Trainee*
Katalin Szabo, *Pre-Doctoral Intern*
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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