

THErapy GROUPS

GROUPS FOR WOMEN

WOMEN'S GROUP, Renée Owen, LMFT Ongoing weekly group for spiritually oriented women. Participants develop & deepen intimacy skills with themselves and others through support, process work, and goal setting. Excellent adjunct to individual therapy Tuesday pm. One opening. San Rafael. 453 - 8117.

DIVORCE GROUPS (WOMEN ONLY), Susan Pease Gadoua, LCSW. Ongoing biweekly groups provide emotional support and information at all stages of divorce or separation. Topics include self-esteem, empowerment, and recovery from difficult feelings/situations. 257 - 0830.

RELATIONSHIP INSIGHT GROUP (WOMEN ONLY), Susan Pease Gadoua, LCSW. Ideal for any woman who is ready to change unhealthy relationship patterns. Brings to light outdated beliefs/perceptions that set women up for unfulfilling/sometimes abusive situations. 257 - 0830.

WOMAN'S THERAPY GROUP, Kate Harling, LMFT. Process group forming for women wanting to expand their capacity to accept and express their own unique selves, while building and maintaining intimate relationships with others. Monday day or evening in Mill Valley, 383 - 1817

GROUPS FOR WOMEN, Gilda Meyers, LMFT Conscious Aging: ongoing group for women 60+ meets one Saturday a.m. monthly, 9:30-12:30 in San Rafael. Group for midlife women (45 up) also meets Saturday monthly, 10 -1:30 or 10-3. Information/free interview: 472 - 2765.

SEEKING SAFETY: A Recovery & Wellness Group for Women, Lynn Ervin, LCSW 28683 FSA of Marin Integrated treatment of PTSD & substance abuse using Seeking Safety model Promotes wellness & recovery & symptom management for both disorders. Sliding scale/MediCal. Tuesday/Thursday afternoons. Ongoing, San Rafael. 491- 5710.

GROUPS FOR MEN

THE RIGHT MEN'S TEAM, Richard Platt, LMFT Helps men become alive, creative and productive through setting goals and being held accountable by trustworthy men. Supports your clients in taking their lives to the next level 760 - 8541 www.teensolutionsmarin.com

GROUP FOR MEN 50+, Lou Dangles, LMFT Ongoing interpersonal process group for men in the second half of life. Emphasis is on emotional communication, giving and receiving feedback in a here-and-now interactional frame. Tuesday, 6:30 - 8 pm 454 - 2722.

SEEKING SAFETY: A RECOVERY & WELLNESS GROUP FOR MEN, Lynn Ervin, LCSW 28683. FSA of Marin. Integrated treatment of PTSD and substance abuse, using Seeking Safety model. Promotes wellness, recovery & symptom management. Sliding scale/MediCal. Thursday afternoons. Ongoing, San Rafael. 491 - 5710.

MEN PARTNERS OF ABUSE SURVIVORS, Scott Nelson, PhD, LMFT. A place to talk, learn about abuse impact on survivors and relationships, explore aspects of themselves that affect caring for themselves & their partners Now forming -Tuesdays, 6:30 - 8:00 Call 383 - 9254 for more information

MEN'S GROWTH GROUP. Scott Nelson, PhD, LMFT. Move towards greater emotional awareness, work through personal issues, improve quality of relationships and build on strengths. Wednesdays, 6:30 - 8:00 pm Call 383 - 9254 for more information

CO-ED GROUPS

INTIMACY GROUPS, Renée Owen, LMFT. Ongoing weekly process groups for men and women (single, in relationship, or married) desiring to experience more fulfillment & success in relationships and life. Monday or Tuesday evenings San Rafael. 453 - 8117.

SINGLES GROUP, Renée Owen, LMFT. Nine-week psychoeducational group for men and women desiring to create more committed, intimate relationships. Assists in discovering blocks and obstacles. Excellent adjunct to individual therapy. Thursday p.m. San Rafael. 453 - 8117

INTERPERSONAL PSYCHOTHERAPY GROUPS Community Institute for Psychotherapy. A 12-week initial commitment required. Tues. & Wed. 6 - 7:30 pm. Sliding scale fee \$20 - 40/session. MediCal accepted. For more information please call 459 - 5999 x 450.

INTERPERSONAL PROCESS GROUP, Lou Dangles, LMFT & Chris Armstrong, LMFT Members will have an opportunity to learn about relationship patterns in their lives, understand their impact on others. Wednesday, 7:30 - 9 pm, San Anselmo 454 - 2722.

HEALTHY LIFESTYLE SUPPORT GROUP, Dorie Rosenberg, LMFT. Helps clients integrate their insights between sessions, to make lasting changes & achieve goals for their physical, mental, emotional, and spiritual selves. First and third Fridays, 11:30 am - 1:00 pm. Call 492 - 9850 or dorie.mft@gmail.com

CHILDREN, TEENS AND PARENTING

TEEN BOY'S MENTORING TEAM, Richard Platt, LMFT Supports ages 13+ for the challenges of being a Marin teen. Members learn to grow in a safe and fun environment. Builds character, communication, and leadership skills. 760-8541. www.teensolutionsmarin.com

PARENTING APART, Family Service Agency of Marin. A 6- week class for parents to learn skills promoting children's well being. Attendance by both parents encouraged but not required. Parents attend different classes. Sliding scale. Wed 11 am - 12: 30 pm or 6 - 7:30 pm. 491 - 5723. Available in Spanish, 491 - 5720

THErapy GROUPS

EXPLORING MOTHERHOOD GROUP

APPLE FamilyWorks. New and expectant moms, babies too! Learn how to manage the transition to motherhood, enhance baby's development, find new resources, and make new friends. Snacks provided. Target gift card (after 4 meetings). Call 492 - 0720. **FREE!**

SOCIAL SKILLS FOR SHY GIRLS, Lorraine Platt, LMFT.

Supports girls 14-16 to accept themselves by bonding with peers through honest self-expression. Addresses difficult topics of drugs and alcohol, relationships and body image. 302-1700 or www.teensolutionsmarin.com

ANIMAL THERAPY, Dr. Jean Hayes LMFT.

Build self-esteem with animal therapy petting zoo on farm. Six-week group for kids 10+ who love animals and want to learn about them while increasing confidence. Tuesdays 4 - 5:30 Novato \$50.00/session. 897 - 1348.

CHILD-CENTERED COPARENTING, Patricia Saunders, LMFT and Mary Jane DeWolf-Smith, LMFT. APPLE FamilyWorks. 7-week group for parents who are living apart, to harmoniously raise healthy, cooperative children. Parents attend separate class series. Tuesdays, 6:30 - 8:30 pm, in San Rafael. 492 - 0720

POSITIVE AND PEACEFUL PARENTING, Patricia Saunders, LMFT and Mary Jane DeWolf-Smith, LMFT APPLE FamilyWorks. 4-week group helps parents learn effective strategies to grow cooperative, happy and responsible children. Tuesdays, 6:30 - 8:30 pm in San Rafael 492 - 0720

SPECIALTY GROUPS

SEEKING SAFETY (ADULTS), Community Institute for Psychotherapy. Mondays from 3 - 4 p.m. Sliding scale fee from \$20 - \$40/session. MediCal accepted. A 6-week initial commitment required. For more information please call 459 - 5999 x 450.

DBT GROUP FOR EATING DISORDERS (ADULTS), Community Institute for Psychotherapy. Thursdays 5:30 - 7:30 pm. Sliding scale fee \$15.00 - \$25.00/session MediCal accepted. A 6 - week initial commitment required. For more information please call 459 - 5999 x 102.

DIALECTICAL BEHAVIOR THERAPY, Family Service Agency of Marin, Supervised by Sarah Chapman LMFT 16780. Group for adults who have difficulty with emotional management, frequent crises or self-injuring behaviors. Combines CBT with mindfulness. Sliding scale/MediCal. San Rafael. 491 - 5728.

AGESONG, Ann Coffey, Ph.D., Family Service Agency of Marin. An 8 - week discussion group for seniors 65 and older, to share common experiences, insights and fears and to discover new possibilities. \$80 for 8 weeks. San Rafael 491 - 5726. www.agesongmarin.org.

DISORDERED EATING & BODY HATRED GROUPS, Beyond Hunger. Psycho-educational groups: intuitive eating, body acceptance & emotional intelligence. Monday - Thursday, 7 - 9 pm. Adult Drop-In: Saturday 9:30 - 11:30 am, 523 Fourth St. #100 San Rafael. Katy 459 - 2270 www.beyondhunger.org.

ANIMAL THERAPY, Dr. Jean Hayes LMFT. Stress-reduction group w/ animal therapy for therapists: calm yourself and feel joy petting exotic and friendly farm animals-horses, llamas, donkeys, pigs, goats Novato. 6 weeks Thursdays, 11 - 12:30 or 3 - 4:30. \$50.00/session. 897 - 1348.

STRESS REDUCTION FOR THERAPISTS AND CLIENTS, Gini Gardner, LMFT. Learn simple yet powerful mental tools that enable you to move yourself through any level of stress back to well being. These seven-week Emotional Brain Training groups meet in Kentfield. Call 339 - 8662.

MENTORING GROUP, Shira Marin, Ph.D. Candidate LMFT. For mid-life women, desiring to step confidently into their lives with supportive mentoring and community wisdom. Experiential and discussion format San Rafael Begins summer; date and time TBA. 499 - 0737.

CONSULTATION GROUPS

PRACTICE BUILDING OR GROUP THERAPY, Renée Owen, LMFT. Choose one or both groups for: help creating a thriving practice - or - starting, sustaining, and successfully facilitating groups. Each group meets one time/month for 1.5 hours. San Rafael. 453 - 8117.

CONSULTATION GROUPS: 1) LIC. EARLY CAREER CLINICIANS; (2) LIC. MID CAREER CLINICIANS, Shira Marin, Ph.D. candidate LMFT. Focus on therapeutic process, Jungian/Archetypal/Imaginal psychology lens, dream work, active imagination and expressive arts San Rafael. 2 Tuesdays per month 12-1:30. 499 - 0737.

WORKSHOPS

DISORDERED EATING & BODY HATRED WORKSHOP, Beyond Hunger. One-day workshop with Beyond Hunger's co-founders explore issues underlying food, weight and body image concerns San Rafael. June 23, 8:45 - 4:30. Call 459 - 2270 www.beyondhunger.org.

RITUAL RETURN WORKSHOP, Shira Marin, Ph.D. Candidate, LMFT & Dianna Grayer, Ph.D., LMFT. An awakening experience for women at mid-life who have felt incomplete in the way they entered into their adult lives, still dreaming of expressing their full potential in the world. August 3rd, 10 - 4:30, Novato. 499 - 0737 or (707) 769 - 1853.