

## THERAPY GROUPS

Groups listed are offered by licensed psychotherapists or supervised interns. This list contains paid listings from both Marin CAMFT members and nonmembers. It is not intended to be all-inclusive. All phone numbers are in the 415 Area Code unless otherwise indicated.

### GROUPS FOR WOMEN

**WOMEN'S GROUP, RENÉE OWEN, MFT** Ongoing weekly group for spiritually oriented women. Participants develop and 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.

**GROUPS FOR WOMEN GILDA MEYERS, MFT CONSCIOUS AGING** Ongoing group for women 60+ meets one SATURDAY a.m. Monthly 9:30am–12:30pm in San Rafael. Group for midlife women (45 up) also meets one Saturday a.m. Monthly, 10am-1:30pm or 10am-3pm. Flyer, info, free interview: 472-2765

**POSTPARTUM SUPPORT GROUP** Ongoing weekly group for postpartum women struggling with depression, anxiety, anger, overwhelm, identity issues and/or parenting. Pre-crawling babies welcome. Tuesdays at 12:15 in Greenbrae. Sliding scale available. Contact Gina Borelli Moore, MFT at 460-6390 or gina@ginaborellimoore.com.

### GROUPS FOR MEN

**HITTING THE CURVEBALL: A GROUP FOR MEN CONFRONTING CHALLENGING LIFE CHANGES Robert Nemerovski, Psy.D.** A low-fee group for men ages 30–50 with difficult life transitions (careers, relationships, health, finance). 12 Mondays 7:15-8:45 (Start TBD). \$35/wk. 272-3282.

**THE RIGHT MEN'S TEAM** Richard Platt, MFT Helps men lead their selves, families & communities to be creative, happy and productive. Support your clients to take their life to the next level. 2 Saturdays monthly, 8–11 a.m. Call Richard 760-8541 www.teensolutions.

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

### CO-ED GROUPS

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

**INTIMACY GROUPS, Renée Owen, MFT** Ongoing weekly process groups for men and women (single, in relationship, or married) desiring to experience more fulfillment & success in relationships and life. Monday 6:00pm, Monday 7:50pm, or Tuesday 6:00pm. San Rafael. 453-8117.

**SINGLES GROUP, Renée Owen, MFT** 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.'s, San Rafael. 453-8117.

**EBT FOR OPTIMAL SELF REGULATION, Gini Gardner, MFT** Developed at UCSF based on cutting edge neuroscience, Emotional Brain Training (EBT) teaches you to process your emotions in a highly effective way to reduce stress, increase joy and let go of unhealthy habits. Evening groups meet in Kentfield. 339-8662.

### CHILDREN, TEENS & PARENTING

**TEEN BOY'S MENTORING TEAM** Richard Platt, LMFT Prepares young men ages 13+ for responsible adulthood. Builds character, communication, and leadership skills. Mentors of all ages welcome. Fridays, 4–6 p.m. in Marin. Call Richard 415-760-8541 www.teensolutionsmarin.com

**CHILD-CENTERED CO -PARENTING** Patricia Saunders, MFT, & Mary Jane DeWolf-Smith, MFT APPLE Family Works 7-week group for parents who are living apart, to harmoniously raise healthy, cooperative children. Parents attend separate class series. Tuesdays, 7–9pm, at APPLE FamilyWorks in San Rafael. 492-0720.

**POSITIVE & PEACEFUL PARENTING** Patricia Saunders, MFT & Mary Jane DeWolf-Smith, MFT APPLE Family Works 4-week group helps parents learn effective strategies to grow cooperative, happy and responsible children. Tuesdays, 7–9pm at APPLE Family Works in San Rafael. 492-0720.

## CONSULTATION GROUPS

**CONSULTATION GROUPS** Practice-Building or Group Therapy Consult, Renée Owen, MFT Choose one or both groups for: help creating a thriving practice—or—starting, sustaining, and successfully facilitating groups. Each group meets one Mon./month. 12:00-1:30pm. San Rafael. 453-8117.

**IT'S NOT ABOUT FOOD WORKSHOP** 1-Day workshop w/ Beyond Hunger's co-founders exploring underlying issues w/ food, weight & body image Beyond Hunger is in San Rafael, [www.beyondhunger.org](http://www.beyondhunger.org) Sunday 8:45-4:30 April date TBA (April) call 459-2270.

## SPECIALTY GROUPS

**SUPPORT GROUPS — FOOD, WEIGHT, BODY IMAGE** Beyond Hunger **Psycho-educational groups** intuitive eating, body acceptance and emotional intelligence. Wed. 7-9pm, Spring Group '12 Teen Group: Tues. 4-5:30. Drop-In Group. Sat. 9:30-11 a & Mon. 6:30-8:30p San Rafael, [www.beyondhunger.org](http://www.beyondhunger.org) Call for intake/start dates : Felicia 459-2270.

