

Community Institute for Psychotherapy

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

Phone (415) 459-5999; Fax (415) 459-5602

www.cipmarin.org



*Lift your Spirits
and Calm any
Worries*

Practical Strategies for Coping with Relationships and Everyday Life

- Develop a better understanding of yourself, your thoughts, and your emotions.
- Learn to be more present in your life.
- Develop a “tool box” of strategies to reduce depression, anxiety, and any other symptoms that you may struggle with.
- Learn new ways to manage difficult feelings and distress.
- Explore and learn in a safe and supportive group setting.

Adult Therapy Group

When: Tuesdays 6:00 – 7:30 pm

Cost: \$20 - \$40 Sliding Scale

Where: 1330 Lincoln Ave #201
San Rafael

Led By: Inka-Khristiina Hanhivaara,
Pre-Doctoral Intern, and
Raphael Amir, LMFT Trainee

*Under the supervision of:
Lewis Epstein, LCSW
License # LCSW 71692*

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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