



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Dear Friends:
Happy New Year!

As we look back over this past, most difficult year, it is gratifying to see that while it has been a time of many challenges, it has been a time of opportunity as well.

I feel grateful that CIP was able to overcome multiple barriers so that we could safely offer the care and support so needed in these stressful times. I continue to be inspired by the courage I witness among our clients who work so diligently to improve their lives and those of their families.

Transitioning from all in-person therapy to all tele-therapy required our clinicians to learn new ways to provide the container – the deep therapeutic relationship – via a new medium. At the same time, the transition to tele-therapy has increased options available for clients and flexibility for therapists.

Our transition to Zoom technology for our **Raising Healthy Families Community Education** events and **Professional Development Series** has similarly brought benefits—greater access for more attendees as well as the ability to archive presentations, and thus expand the reach of the important information presented. We look forward to several outstanding programs in each series in the months ahead. Read more about these in this newsletter.

We wishing you all health and happiness in 2021.

Between their cost-efficiency and widespread collaboration with other safety-net providers, CIP plays a key unduplicated role in the continuum of care for Marin's most vulnerable families and individuals.

Katie Rice, President, Marin County Board of Supervisors

January 2021

Dear Friends

All of us recognize that this is a time like no other, one of unprecedented uncertainty and upheaval.

It has been our primary goal at CIP to address the tremendous increase in demand for affordable mental health care by the most vulnerable in our community. They include those already struggling with anxiety, trauma, relationship and parenting issues, but additionally, adolescents, people living alone, individuals in recovery, and others.

As a safety-net provider, CIP remains committed to providing the clinical support and healthy tools at-risk families, children, and adults need to weather this time with resilience and hope.

Since the outset of the pandemic, CIP has

- 1) transferred all services to tele-therapy in order to provide safe, secure access to care.
- 2) reduced our sliding scale fees by establishing the **CIP Client Emergency Fund** to make services accessible to those experiencing economic hardship.
- 3) expanded our clinical capacity to help meet the increased demand for services.

It remains as true as always that early intervention and clinical support means easier, faster resolution of problems, creating safer families, and healthier, more resilient children and adults. CIP services continue to strengthen our community for the benefit of all.

To meet our goal of providing greatest access to care, we need your support. Please help us through your tax-deductible donation.

Sincerely,

Sharon Delfino Green
CIP Board President

Robin Joy Berenson, PhD, LMFT
Executive & Clinical Director

P.S. We are all feeling our way in these difficult times. Your help today is more important than ever. Please give as generously as you can.

CIP IS OPEN FOR TELE-THERAPY

Our outstanding clinical staff has experience and expertise in a wide range of issues and diverse populations. Our services are provided by 22 to 24 pre-licensed therapists, including Pre-Doctoral Students, Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates, and Practicum Students. (Therapy with licensed therapists is also available.)

We offer long-term depth psychology as well as short-term counseling, adult therapy groups, and psychological testing. We work with depression, anxiety, trauma, PTSD, co-occurring disorders, addictions, and in-depth work with clients with axis II disorders.

Among the issues we can help with:

- Child and adolescent concerns, school related issues
- Domestic violence
- Eating disorders and body image issues
- Gender issues
- Health Concerns
- Loss, grief and bereavement
- Major life changes and transitions
- Work and career issues

Appointments are available six days a week, from 8 a.m. to 9 p.m.

To make an appointment, visit www.cipmarin.org or call (415) 459-5999 #102

ONSITE PROGRAMS

Individual and Family Therapy:

Affordable, comprehensive services to resolve problems and restore emotional wellbeing.

Adult Therapy Groups:

Opportunities for self-exploration and interpersonal learning.

Couples Emotionally Focused Therapy Program:

Support to enhance and deepen relationships, improve communication, and end repetitive conflicts.

Psychological Testing:

To enhance the quality and effectiveness of adult individual therapy.

Support for Separated and Divorcing Families:

Help with the issues involved in separation and divorce.

Support for Single Parents and their Children:

Counseling to improve home environments, strengthen child-parent bond, maximize children's school readiness.

Support for Survivors of Childhood Abuse:

Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Angie Branham, PhD
Lisa Dobias, LMFT,

DIRECTOR OF PRE-DOCTORAL AND
POST-DOCTORAL PROGRAMS
Angie Branham, PhD

COORDINATOR,
INTERN TRAINING PROGRAM
Angie Branham, PhD
Cindy Jepsen, LMFT

COORDINATOR, CIP PROFESSIONAL
DEVELOPMENT SERIES
Lisa Dobias, LMFT

PROFESSIONAL CASE CONFERENCE
Fred Rozendal, PsyD

DIRECTOR OF GROUP
THERAPY PROGRAM
Dylan Kersh, LMFT

DIRECTOR OF COUPLES
THERAPY PROGRAM
Andrew Copperman, LMFT

DIRECTOR OF PSYCHOLOGICAL
TESTING PROGRAM
Barbara Nova, PhD

DIRECTOR OF DREAM PROGRAM
Meredith Sabini, PhD

DIRECTOR OF SCHOOLS PROGRAM
AND WISDOM WARRIORS
Kristi Hudson, LMFT

Clinical Supervisors

Lonnie Barbach, PhD
Cecile Binmoeller, PhD
Elyse Boyar, LMFT
Eileen Brown, LMFT
Mary Bryan, LMFT
Laurie Buntain, LMFT
Elizabeth Clark, LMFT
Ralph Daniel, PhD
Jacqueline De Lon, LMFT
Lisa Dobias, LMFT
Susan Edelstein, PhD
Mark Edwards, MS, LMFT
Jennifer Fickling Loyer, LMFT
Joy Fillman, PhD
Marty Frankel, LMFT
Michelle Frisch, MSW, PhD
Lauren Gray, LMFT
Lilly Hanson, LMFT
Annette Halloway, PsyD
A. Raja Hornstein, PsyD
Deborah Kamins, PsyD

CLINICAL STAFF

Clinical Supervisors (cont.)

Caroline Keystone, LMFT
Drew Lamden, LCSW
Arley Lindberg, LCSW
Melinda Ann Marmer, PhD, LMFT
Chaya Mayerson, PsyD
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Steve Sulmeyer, JD, PhD
Maysie Tift, LMFT
Ann Tomin, PsyD
Lesley Van Voorhees, LCSW
Amy Wilner, PsyD

Intern Therapists

Kristin Andersen, MA, AMFT
Spencer Carlson, Practicum
Ashley Coover, MFT Trainee
Kacy Dapp, MFT Trainee
Nicole Duncan, MFT
Nicole Grinsell, MFT Trainee
James Grusky Issel, MA, Pre-Doc
Jordan Hazzard, MA, Pre-Doc
Gustav Helzberg, MFT Trainee
Keren Josephs, MFT Trainee
Leslie Kiley-Smith PsyD RN,
Post Doc
Susan Lake, PsyD, Post-Doc
Megan McGrath, MA, MFT
Trainee
Keerat Sidhu, M.Phil (Cll.Psy.),
Practicum
Esther Spearman, MA, Pre-Doc
Katalin Szabo, Pre-Doc
Lisa Wenninger, MFT Trainee

“A TIME LIKE NO OTHER”

Nearly half of Americans report the coronavirus crisis is harming their mental health, according to a Kaiser Family Foundation poll. A federal emergency hotline for people in emotional distress registered a more than 1,000 percent increase in April compared with the same time last year.

—*The Washington Post, May 4, 2020*

For those struggling with emotional distress, access to professional care today is more important than ever before. CIP's safety-net services provide the clinical support and healthy tools at-risk individuals and families need to overcome problems, regain hope, and live healthier, more fulfilling lives.

Here are some of the stories we hear every day.

- Suddenly unemployed, Danielle feels such loneliness and isolation she thinks of suicide several times a week.
- Working from home, Steve finds that he is drinking more than ever before; his supervisor has warned him about his deteriorating job performance.
- Since her divorce, Ellen struggles daily with severe depression and overwhelming feelings of hopelessness.
- A freshman in college beginning his first semester from home, Bobby is so worried about not being able to join with fellow classmates that he can't concentrate or learn.
- Stuck in an abusive relationship, Karen feels she has no option other than to risk staying where she is.
- Ashley, 16, has been cutting herself since Middle School and has recently begun vaping cannabis.
- With no income, three children at home, Marta and Sam are exhausted by their never-ending arguments. They are ready to sell their home and separate.
- Grieving the recent death of her husband, Jessica finds the tasks of parenting her three-year-old to be more than she can handle many days.

In these difficult times, it's important to remember that while we are all in this together, each person's experiences are different, with different levels of stress and loss. Don't make assumptions as you reach out to others. Be curious and listen to what they have to express.

With your support, CIP is here to help.

Each year, CIP provides more than 8,000 hours of direct services to more than 750 individuals and families. We serve clients from throughout Marin, including the underserved communities of East San Rafael, West Marin, Marin City, and Novato. Some learn of CIP through our outreach programs; others are referred from public and private agencies, including Child Protective Services, Marin Community Clinic, and Community Mental Health, and many others. In 2019, 76% of clients had monthly household incomes under \$2,400.

PROFESSIONAL DEVELOPMENT SERIES 2021

For more information on the topics, learning objectives, and presenter bios, or to register for an event, please visit our Professional Development page at www.cipmarin.org or call (415) 459-5999 x101. *All events will be available via Zoom.*

SEMINARS FOR PROFESSIONALS

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$100 early registration, up to 10 days prior to seminar, \$120 after

Non-member Rate: \$130 early registration, up to 10 days prior to seminar, \$150 after



DEEPER IMPACT, WIDER REACH: RE-IMAGINING KLEINIAN PSYCHOANALYSIS

Jennifer Kunst, PhD

Saturday, February 20, 2021 | 9:00 am – 4:00 pm



SURPRISE AND DELIGHT: HOW FAMILY PLAY THERAPY CAN CREATE POSITIVE FAMILY ENGAGEMENT

Eliana Gil, PhD

Saturday, March 6, 2021 | 9:00 am – 4:00 pm



JUNGIAN WORK AND THE APOCALYPSE: WORKING WITH BOYS AND MEN TO ADDRESS ALIENATION AND CYBERSPACE

Robert Tyminski, PhD

Saturday, April 17, 2021 | 9:00 am – 4:00 pm

CLASSES

4 CEs for LMFT & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to class, \$90 after

Non-member Rate: \$100 early registration, up to 10 days prior to class, \$110 after



WHAT EVERY PSYCHOTHERAPIST NEEDS TO KNOW ABOUT DIVORCE: THE FACTORS THAT CREATE GOOD BREAK UPS

Stephen H. Salmeyer, JD, PhD

Saturday, January 23, 2021 | 9:00 am – 1:00 pm



CREATING TRIANGULAR SPACE AND PROMOTING SYMBOLIC THINKING IN PSYCHODYNAMIC THERAPY

Helen Schoenhals-Hart, PsyD

Saturday, April 3, 2021 | 9:00 am – 1:00 pm



WHITE PRIVILEGE AND RACISM: HOW TO ADDRESS IT IN THE THERAPY ROOM

Lane Arye, PhD

Saturday, May 1, 2021 | 9:00 am – 1:00 pm

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for these programs and their contents.

Accommodations will be made wherever possible for those with disabilities. Please let us know of any disabilities upon registration to ensure proper accommodations are put in place prior to the workshop/training.

Cancellations must be received in writing 10 business days prior to the seminar or class for a refund minus a \$25 cancellation fee.

Healing at the Edge: Conscious Living, Conscious Dying

Co-Sponsored with the
Living Dying Project

TWO-DAY WORKSHOP – JANUARY

Presented by Dale Borglum, PhD

Saturday, January 30, 2021

9:00 am - 5:30 pm

Sunday, January 31, 2021

9:00am - 5:30 pm

Cost: \$290 early registration,
\$310 on day of event

CEs: 16 CEs for LMFTs, LCSWs,
and Psychologists. Certificates
issued after completion of both
sessions.

ONE-DAY WORKSHOP

Presented by Dale Borglum, PhD

Saturday, February 13, 2021

9:00 am - 6:00 pm

Cost: \$175 early registration,
\$195 on day of event

CEs: 8 CEs for LMFTs, LCSWs,
and Psychologists

TWO-DAY WORKSHOP – FEBRUARY

Presented by Dale Borglum, PhD

Saturday, February 27, 2021

9:00 am - 5:30 pm

Sunday, February 28, 2021

9:00am - 5:30 pm

Cost: \$290 early registration,
\$310 on day of event

CEs: 16 CEs for LMFTs, LCSWs,
and Psychologists. Certificates
issued after completion of
both sessions.





2021 Raising Healthy Families Community Education Series

Remote via Zoom!

Co-hosted by Community Institute for Psychotherapy & The Marin County Office of Education

Join us for this FREE informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.

For more information or to register visit www.cipmarin.org or call (415) 459-5999 #101.



CÓMO ENTENDER LA SALUD MENTAL EN LA COMUNIDAD LATINA PARA CREAR FAMILIAS FUERTES **[UNDERSTANDING MENTAL HEALTH IN THE LATINX COMMUNITY TO CREATE STRONG FAMILIES]**

A Spanish language presentation by Angela Arenas, LMFT & Juanita Zuniga, PsyD

When: Wednesday, March 3, 2021, 6pm – 8pm

Where: Albert J. Boro Community Center



Esta presentación de dos horas impartida en español le ayudará a conocer más acerca de la enfermedad mental y cómo el hecho de poder reconocer los signos en su hijo(a) puede ayudarle a éste/ésta y a su familia a recuperar la salud.

Angela Arenas, LMFT, y Juanita Zúñiga, PsyD, explicarán el daño que puede causar el no reconocer los síntomas de salud mental en nuestros hijos, lo que puede llevar a un aumento de la ansiedad, la depresión, el daño a sí mismo, el suicidio y el uso de drogas.

This two-hour presentation will help you learn more about mental illness, and how being able to recognize the signs in your child can help them and your family to return to health.

Angela Arenas, LMFT, and Juanita Zuniga, PsyD, will explain the potential harm that is caused by not recognizing mental health symptoms in our children, which can lead to increased anxiety, depression, self-harm, suicide, and substance use.



RAISING RESILIENT KIDS: TEACHING KIDS TO BOUNCE BACK FROM STRESS AND DIFFICULTY

Presented by Mark Edwards, LMFT

When: Tuesday, March 9, 2021, 6pm – 8pm

Where: San Rafael Community Center

This class will outline current discussions about resilience in children and adults, and suggest strategies and techniques for parents of K-12 children. The presenter will outline research describing characteristics of resilience, protective factors, the “Seven C’s” of resilience, and practical strategies to encourage and enhance resilience in our children.



RAISING WISE GIRLS: HELPING DEVELOP SELF-ESTEEM IN THE AGE OF SOCIAL MEDIA

Presented by Sierra Dator, LCSW

When: Tuesday, March 16, 2021, 6pm – 8pm

Where: San Rafael Community Center

As parents, educators, and community leaders, we can empower girls to grow into strong, confident young people when we understand teen development; know the signs of depression and anxiety; and see the unique challenges they face through social media and the changing world. With this understanding, we can gain the tools to build connection and conversation. Please join Sierra Dator in a conversation on how to best support and empower teen girls in our community during the sacred and rocky time of adolescence.



PREVENT ADOLESCENT SUBSTANCE AND BEHAVIOR PROBLEMS USING SYSTEMIC APPROACHES TO PROMOTE HARMONY AND SAFETY FOR THE WHOLE FAMILY

Presented by Kenneth Perlmutter, PhD

When: Tuesday, March 30, 2021, 6pm – 8pm

Where: San Rafael Community Center

This presentation will offer attendees insight into the influences and dynamics within families that put children at risk for addictive behaviors; provide a general understanding of what helps to prevent addiction in the first place; and offer systemic approaches to proactively prevent drug and alcohol use and abuse, and other addictive behaviors in adolescents.

*All events are free, but you must pre-register to attend.
For more information and to register, visit www.cipmarin.org.*

A Heartfelt Thank You to Our Donors

January 2020 – December 2020

We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!

Individual Donors

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The Guttman Family Foundation
The Colleen J. Ralphs Trust

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*CIP is . . .
Helping individuals,
Healing families,
Strengthening
our community*

DR. ROBIN JOY BERENSON NOMINATED FOR “HEART OF MARIN” AWARD

This autumn, CIP Board Member **Beth Case** nominated **Dr. Berenson** for the “Excellence in Leadership Award” category of the annual **Heart of Marin Awards** from the Center for Volunteer and Nonprofit Leadership.

In answer to the final question, “*How has the nominee exemplified excellence in leadership and served as a role model?*” Ms. Case wrote:

Dr. Berenson is a true nonprofit entrepreneur, having developed a unique business model that brings together development opportunities for both professionals and interns while providing critical care to our community. In addition to decades of service development and delivery, this year she has demonstrated her true leadership skills by her innovative and effective adaptations for the delivery of high-quality mental health services in the time of COVID.

Exhibiting visionary and problem-solving skills, in 2020 Dr. Berenson has transformed CIP through her embrace of teletherapy and remote access technology, positioning all agency operations for the challenges of the pandemic and into the future, thus assuring that CIP’s critical role in our community is stronger and better able to meet the needs of Marin County families, children and adults than ever before.

Awards will be announced at the annual **Heart of Marin** luncheon on January 7, 2021.

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support CIP every
time you shop, at
no cost to you.

**Visit smile.amazon.com
to learn more!**

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“Proud to Support the Community”

Union Bank® has been dedicated to serving the financial needs of its customers and building sustainable communities for more than 150 years.



Through the Union Bank Foundation, the bank provides grants, does community outreach, and collaborates with company partners to provide Union Bank employees with rewarding volunteer opportunities. The foundation’s grants are focused on the following strategic areas: community economic development, affordable housing, education, the environment, and health and human services.

The bank has supported many of Marin County’s nonprofit organizations and civic groups that impact our communities through initiatives such as education, social services, and affordable housing.

“Our Union Bank teams are proud to support the Community Institute for Psychotherapy and we applaud its important work,” said **Vince Fucci**, **Union Bank managing director** and regional manager for the East Bay and Marin region. “We are especially excited to sponsor CIP’s *Raising Healthy Families* Conference that supports mental health across age groups. It’s a great way for all of us to come together to build our community.”

We thank Union Bank for their generous support!

Learn more at www.unionbank.com

CIP Board of Directors

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RAISING
HEALTHY FAMILIES

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All event proceeds go directly to support CIP’s vital safety-net programs. Through our sliding scale and pro bono services, CIP assures that disadvantaged families and individuals have access to the quality mental health care they need to regain emotional stability and live full, productive lives.



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
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WHO WE ARE

Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.

We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.

Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.

Visit us at www.cipmarin.org

**RAISING HEALTHY FAMILIES
 2021 SCHEDULE
 Via Zoom**

*All events are free but attendees must pre-register at www.cipmarin.org.
 (For more information see page 5 or visit our website.)*



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(UNDERSTANDING MENTAL HEALTH IN THE LATINX COMMUNITY TO CREATE STRONG FAMILIES)

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