

# Community Institute for Psychotherapy

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

Phone (415) 459-5999

[www.cipmarin.org](http://www.cipmarin.org)



## Affordable Anxiety & Depression Support Group

- Are you feeling down?
- Are you feeling anxious?
- Do you want to be in a supportive, non-judgmental group where you can share how you are feeling?
- Would you like to have resources and learn how to better cope with stress, anxiety and depression?

You are not alone. Join a group where you can share, relate and learn in a safe environment. Various techniques including mindfulness and art therapy will be incorporated

**When:** Wednesday, 6:00 – 7:30 pm

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

**Where:** 1330 Lincoln Ave #201  
San Rafael

**Led By:** Katalin Szabo, *PsyD, Post-Doctoral Intern*  
Christine Phang, *MFT Trainee*

### 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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