



## **September 2023 News and Notes**

### **CIP is here to help**

**By Robin Joy Berenson, PhD, LMFT**

*For more than 45 years, CIP has been committed to providing quality, affordable mental health services to Marin's families, children, and adults.*

There can be no doubt that the need for comprehensive mental health services has never been greater. As families and individuals continue to confront the many challenges present today, whether brought on by the lingering effects of the pandemic, a changing economy, or the unprecedented crisis in emotional health among our youth, timely access to care is more important than ever.

Our long- and short-term counseling enables clients to make the changes they need to overcome problems and reestablish emotional well-being. We help individuals identify life choices that reinforce positive change, such as healthy eating and active living for themselves and their families. Services are available on a sliding scale; MMHS Medi-Cal and Partnership Health/Carelon accepted.

We work from a strength-based approach, highlighting the strengths and resilience of the family or individual. By identifying and building upon existing resources, coping skills, and support networks, we enable clients to develop a sense of hope and optimism for recovery and growth.

## Community Institute for Psychotherapy

1330 Lincoln Ave #201, San Rafael, CA 94901-2141  
Phone (415) 459-5999 Fax (415) 459-5602 [www.cipmarin.org](http://www.cipmarin.org)



### 2023-2024 News and Notes

Our compassionate staff helps families to end conflict and create loving, nurturing homes; children and youth to gain the confidence to learn and succeed; couples to open new pathways to communication; and adults to achieve their goals and enjoy a healthier, better tomorrow.

#### **Our comprehensive services include:**

- Individual psychotherapy for adults and children
- Couples therapy
- Family therapy
- Group therapy
- Psychological assessment

#### **To Make an Appointment:**

Fill out the “Request a phone intake” form on our website at [www.cipmarin.org](http://www.cipmarin.org) or call Intake at (415) 459-5999 ext. 102.