

Community Institute for Psychotherapy

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

Phone (415) 459-5999

www.cipmarin.org



Letting the Light In: Affordable Anxiety & Depression Support Group

- Develop a better understanding of yourself, your thoughts, your emotions, and how you relate to others.
- Learn to understand the influence of past and present behavior.
- Develop a "toolbox" of strategies to improve coping skills.
- Explore and learn in a safe and supportive group setting.

When: Monday, 6:00 – 7:30 pm

Where: 1330 Lincoln Ave, Suite 201

Cost: \$30 - \$40 Sliding Scale
Medi-Cal Accepted

Led By: Anne Johnson, MFT Trainee
Shannon Stallone, Pre-Doc

Under the supervision of:
Ari-Asha Castalia
License LMFT 82973



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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