

## 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)

### 2024-2025 News & Notes



## June 2025 News and Notes

### Making the Most of Summer Months

By Robin Joy Berenson, PhD, LMFT

### Some Suggestions for Your Wish List

Many times we begin the summer season with great expectations, promising ourselves that this year we will get out to the beach, visit that museum, attend a local street fair, or catch an outdoor theater performance. Yet it's so easy to let the days slip by without realizing it.

It makes sense, then, to begin now to create your summer wish list. Ask each family member to contribute their ideas for summer activities and excursions. Then plan together about how to make them happen. Research desired destinations, such as museums and amusement parks, in advance, noting hours, prices, and other details.

**Close to home:** Take advantage of longer days with after-dinner walks or bike rides through the neighborhood or along scenic bike routes. Stroll down to the local frozen yogurt shop.

**Get outside:** Take a picnic to the park. Go camping in the back yard. On a starry night, sit on the back steps and identify the constellations.

The Marin County Parks website has many listings under "Parks & Preserves," "Discover and Learn," and "Projects and Programs." Visit their website to learn more: <https://parks.marincounty.gov/>

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**Start a summer project:** Plant a garden where everyone pitches in. Read aloud a book (or two) that the whole family can enjoy. Plan weekly movie nights.

**Share a skill:** Spend time in the kitchen passing on favorite recipes or at the sewing machine making doll clothes. Play favorite songs on the guitar or the piano. Spend time in the workshop together, sharing your love of making things.

**Learn something new:** Summer months are a wonderful time to develop a new interest, such as a musical instrument, creative writing, photography, and deeper studies on a favorite subject.

Marin County Libraries are an ideal place for families and children to explore.

Summer reading for kids,  
visit <https://marinlibrary.bibliocommons.com/>

Free Storytime, classes, and more, visit  
<https://marinlibrary.bibliocommons.com/v2/events>