



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

There is no question that there is much darkness and pain in the world today. As we acknowledge this and the many other challenges that exist, we look

for the hope and resilience to meet these challenges.

A new calendar year is the very essence of hope—bringing new opportunities, new energy.

As the days of the pandemic recede, a new energy is emerging. People are stepping up. At CIP we have welcomed new interns and supervisors. Our newest staff members are settling in.

In our community, in our schools, people are stepping up to address the growing mental health needs of youth today. At CIP we have widened the focus of our school-based services to include family therapy, helping parents learn how best to support their children.

Another vital sign is the growing interest in our annual *Raising Healthy Families Community Education Series*, where parents, educators, and other community members can learn about the tools and strategies to address issues of concern for today's families: social media and technology, addiction and self-harm, and how to build strong families. You can read about these and more in this newsletter

All of this is made possible through your support. We are most grateful.

*Healing and hope begin here at CIP.*

January 1, 2024

Dear Friends:

For more than 45 years, CIP's sliding scale and pro bono services have held out the safety-net for Marin residents in need of care but unable otherwise to afford it. Each year, we help hundreds of people at our clinical offices and in public schools.

As our community continues to recover from the upheavals and challenges of the pandemic, we are receiving more and more calls for services.

Some clients come for help with lingering problems brought on by the pandemic, such as substance abuse, domestic conflict, and depression. Others seek answers, for themselves or their families, to the emotional problems that compromise their ability to enjoy satisfying, productive lives.

*As we experience this resurgence in demand,  
we need your help more than ever.*

We, too, are recovering. For CIP, the impact of the pandemic was significant: A reduction in clinical capacity meant lower earned income; individual donations fell dramatically; our normal fundraising avenues were no longer available.

As the new year begins, we look forward to continuing our vital work: helping families create loving homes; children and youth to learn and succeed; individuals to end self-defeating cycles; couples to open pathways to communication; and seniors to enjoy richer, fuller lives.

With your support, CIP will remain a place of healing and hope.

Thank you for your thoughtful consideration.

Sincerely,

Robin Joy Berenson, PhD, LMFT  
Executive & Clinical Director

*P.S. To donate, please use the enclosed envelope or go to [cipmarin.org/support-cip/](http://cipmarin.org/support-cip/)*



# KAISER PERMANENTE®

## KAISER SUPPORT HELPS CIP MAKE A DIFFERENCE

This September, Kaiser Permanente approved a \$20,000 grant in support of CIP’s Strengthening Families, Healing Individuals Through Trauma-Informed Mental Health Services, CIP’s original and largest program.

The award letter stated, “Kaiser Permanente’s mission includes improving the health of the communities we serve. Throughout our 75-year history as a nonprofit healthcare organization, we have continually made investments to support healthy communities. We believe in supporting organizations like [CIP] that make a difference in people’s lives.”

The funding reflects CIP’s increased focus of trauma-informed therapy, which has proven to be especially appropriate for the families and individuals we serve. Trauma-informed treatment emphasizes the value of supporting the particular needs and strengths of the client.

By identifying and building upon clients’ existing resources, coping skills, and support networks, we enable families and individuals to gain a greater sense of well-being, hope, and optimism.

The majority of the clients that our therapists see are the working poor, living in a community that is ranked as the second most segregated in the entire state. So many are dealing with some form of trauma.

(All the names and identifying circumstances have been changed to protect our clients.)

- *Elise and Will* are dealing with the loss of their 5-year old child. Deeply committed to one another but afraid their grief might engulf them, they sought help from CIP. They are grateful for someone to talk to who can aid them in their struggle to cope with such loss.
- *Donna*, 53, came to therapy after being abruptly terminated from her job due to friction with her co-workers. She's gained new insight into how her symptoms of depression interfere with her ability to control her emotions and connect to other people. With a referral to a medical clinic, Donna has begun medication for her depression in addition to lifestyle changes.
- *Jorge* is an eleven-year-old Hispanic boy in the seventh grade who wanted someone to speak with because his parents are frequently fighting. Homelife had become so stressful, his schoolwork had begun to suffer. His clinician has employed a mix of play therapy and rapport-building, creating an outlet for him to describe how he feels and a place where he can learn tools for handling stress.
- *Abe* came to therapy because he wants to work on his interpersonal relationships, especially with his girlfriend. In therapy he’s beginning to gain awareness and accountability for his feelings of irritability instead of blaming his girlfriend and other people. Since beginning therapy he has stopped his daily alcohol consumption and begun to pursue a more healthy lifestyle.

### CLINICAL STAFF

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## CLINICAL STAFF

### Clinical Supervisors

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## FOUNDATION FUNDING PROGRAM EXPANDS SCHOOLS

In October, the Bella Vista Foundation awarded \$25,000 for CIP's School-based Services under the GGS Program Area, "Youth Mental Health." In addition to citing the ongoing need for onsite counseling and therapy groups, CIP's application identified the value of expanded services.

"CIP has witnessed an alarming increase in the number of low-income students in the schools for whom onsite services have been determined to be insufficient. For this reason, we are expanding the scope of our 2023-2024 School-based Services to include Student & Family Clinical Support Services. We believe this is the best way to provide the comprehensive support needed to make lasting, positive change in the lives of vulnerable children and families."

It is anticipated this year that 20 students will be identified as requiring additional support and receive referrals, some with their families, for 12 weeks counseling at CIP's clinical offices.

This expanded focus coincides with GGS's priorities. Among the types of programs GGS's Youth Mental Health area funds are those with a "focus on a multi-generational approach that involves parents and caregivers so they can support the children's well-being."

Other GGS program priorities include those that "build innovative and integrated strategies to expand access to youth mental health care in clinical settings, schools, and/or community-based programs."

We thank the Bella Vista Foundation for their generous support of this important program.

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## WITH YOUR SUPPORT CIP IS HERE TO HELP!

Your donation of \$100 provides 2 hours of counseling and referrals to community resources for a father, sober for 8 years, newly laid off and struggling to maintain sobriety.

Your donation of \$250 provides 5 hours of therapy and referrals for a young mother experiencing the anxiety, guilt, and isolation of postpartum depression.

Your donation of \$500 makes possible 10 hours of grief therapy for a young family mourning the sudden death of a parent.

Your donation of \$1,000 provides assessment and weekly counseling for 4 students anxious about the return to in-person classes, suffering from depression and engaging in self-harm.

Your donation of \$2,500 pays for a 6-week session of a Wisdom Warriors Therapy Group for 6 to 8 middle-school students at risk for bullying, substance abuse, and isolation so they can learn healthy coping and decision-making skills.

Your donation of \$5,000 provides counseling for 3 couples seeking to recover from domestic conflict and build safer, more nurturing homes for their preschool children.

### DONATIONS:

CIP is looking for laptops for our interns. If you have one that you are no longer using or are preparing to replace, please donate it to CIP. All donations are fully tax-deductible.

Contact [admin@cipmarin.org](mailto:admin@cipmarin.org) or call (415) 459-5999 # 101 to coordinate a laptop donation.

# THANK YOU TO OUR GENEROUS 2023 SPONSORS!

Your sponsorships enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

## PARTNER LEVEL



## SUPPORTER LEVEL



All *Raising Healthy Families* proceeds go directly to fund CIP's vital safety-net programs for Marin families, children, and adults.

## 2023 SERIES AVAILABLE

For a donation of \$5.00 or more, visitors to the CIP website can view presentations from the 2023 *Raising Healthy Families* Community Education Series:

**THE OTHER IMPORTANT CONVERSATION: HOW TO TALK WITH KIDS ABOUT ONLINE PORNOGRAPHY**  
*Presented by Mark Edwards, LMFT*

**TALKING TO CHILDREN AND ADOLESCENTS ABOUT SUICIDE, SELF-HARM, AND OTHER RISK BEHAVIORS**  
*Presented by Jennifer A. Kellogg, PsyD*

**THE BOY CRISIS: WHY OUR SONS ARE STRUGGLING—AND WHAT WE CAN DO ABOUT IT**  
*Presented by Warren Farrell, PhD*

**“ACING PARENT-TEEN PARTNERSHIP”: FIVE SKILLS TO OPTIMIZE ADOLESCENT DEVELOPMENT**  
*Presented by Amanda Mason, PsyD*

Visit <https://cipmarin.org/support-cip/raising-healthy-families-2023/>  
or call (415) 459-5999 #101 for details.



## SPONSOR SPOTLIGHT: “A DEEP COMMITMENT TO OUR COMMUNITY”



CIP gratefully acknowledges First Federal Savings and Loan of San Rafael for their generous sponsorship of our 2024 *Raising Healthy Families* community education series at the Partner level.

“We believe that customers are best served when decisions are made at the local level by people who understand the area’s unique needs and values,” states First Federal President and

CEO Paul Simmons. “Quality service and a deep commitment to our community have been guiding principles since we were established in 1963. With the highest level of safety, stability, and service in mind, we have a deep appreciation of the trust that our customers put in us.

Our mission:

*“First Federal is committed to being a superior community financial institution, offering real estate financing and deposit services at fair and competitive rates, while adhering to the highest standards of business ethics, safety, and excellence in service.*

“We do banking on a first-name basis with a knowledgeable and friendly staff who understand our customers’ financial needs. From this perspective, responsible decision making on the local level, while carefully evaluating the risks, is what defines our standard business practice.”

CIP thanks First Federal Savings and Loan of San Rafael for their sponsorship and ongoing support of CIP and our work in the community.



# 2024 RAISING HEALTHY FAMILIES COMMUNITY EDUCATION SERIES

Co-hosted by the Marin County Office of Education  
and Community Institute for Psychotherapy

Join us for this **FREE** informative education series as we examine important issues facing today's families. All programs held at San Rafael Community Center (618 B St., San Rafael) and via Zoom. Please pre-register at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999 #100.

Wednesday, March 6, 6:00 – 8:00 pm



## **FIGHTING THE BEAST OF TECHNOLOGY: A PRACTICAL GUIDE FOR PARENTS** *with Mark Edwards, LMFT*

Modern parents are faced with greater pressure from children, peers and technology companies to allow the almost constant use of gaming and communications technology regardless of any possible consequence.

This seminar is designed to help parents:

- Understand potential concerns raised by the use of modern communications technology.
- Recognize the possible co-occurrence of depression, isolation and bullying for children and teens utilizing online communications technology.
- Develop a real-life strategy for monitoring and limiting the technology use of children and teens.
- Set clear and firm rules for communications technology use at home, school, and college.

*Mark Edwards is a psychotherapist, trainer, teacher and consultant. In his private practice he works with children, adolescents and adults. A member of adjunct faculty of the Master's program in Counseling at Sonoma State University, Mark was formerly Assistant Clinical Director at CIP.*

Thursday, March 14, 6:00 – 8:00 pm



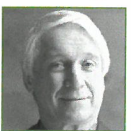
## **THE POWER OF PARENTING AND FAMILY CONNECTIONS: PREVENTING AND ADDRESSING ADDICTION, SELF-HARM, AND SUICIDE** *with Kenneth Perlmutter, PhD*

Understanding the complex worlds of teens, and the peer, cultural, and social media pressures they navigate every day, can feel like an impossible task, especially when they struggle with substance abuse, self-harm, and/or suicidal thinking.

Dr. Perlmutter will offer parents approaches to such situations with a focus on harnessing parental power while promoting connection possible among all family members.

*Dr. Kenneth Perlmutter is a Family Systems Psychologist with more than 30 years' experience treating complex psychological disorders, including addiction. His book, Freedom from Family Dysfunction: A Guide for Families Battling Addiction or Mental Illness, was published in 2019.*

Tuesday, March 19, 6:00 – 8:00 pm



## **DEPRESSION, ANXIETY, ADHD, AND SELF-HARM: HELPING GIRLS FIND STRENGTHS AND COPING STRATEGIES** *with Steven Hinshaw, PhD*

The mental health crisis among youth—especially teenage girls—is of major concern. In an integrative and down-to-earth talk, Dr. Hinshaw will present what's known about the particular issues facing girls these days, particularly related to the unrelenting (and impossible) pressures they increasingly face; the post-COVID atmosphere; and the devastating rates of self-harm and depression/anxiety confronting girls (and boys), particularly in the presence of ADHD and other neurodevelopmental conditions.

*Dr. Stephen Hinshaw is Distinguished Professor of Psychology at the University of California, Berkeley, and Professor of Psychiatry and Behavioral Sciences at UCSF. His work focuses on developmental psychopathology, clinical interventions with children and adolescents, and mental illness stigma.*

Monday, March 25, 6:00 – 8:00 pm



## **PARENTING WITH WIT AND WISDOM: RAISING RESPONSIBLE, RESOURCEFUL, RESILIENT, COMPASSIONATE HUMAN BEINGS** *with Barbara Coloroso*

This presentation will offer solid, practical advice on the keys to good parenting in order to create a home environment in which children can become self-disciplined, compassionate, responsible, resourceful, and resilient, able to act in their own best interest, stand up for themselves, and exercise their own rights while respecting the rights and legitimate needs of others.

*Barbara Coloroso is a bestselling author and consultant. Her uniquely effective parenting and teaching strategies were developed through years of training as well as field-tested through her experiences as a classroom teacher, laboratory school instructor, university instructor, seminar leader, volunteer in Rwanda, and mother of three grown children.*

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## *A Heartfelt Thank You to Our Donors*

*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!*

### **Circle of Inspiration**

Dr. Lonnie Barbach  
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Tom & Ellen Frazier  
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Jan Rostov  
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### ***Grants***

Allensby Charitable Trust  
(San Rafael Elks Club)  
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Kaiser Permanente  
Marin Charitable  
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## **A PASSING OF NOTE: MEGAN MCGRATH**



It is with deep sadness that CIP notes the passing of Megan Joy McGrath, an intern-therapist who died September 11, 2023, at her home in Sausalito.

Born in Evanston, Illinois, Megan received a BA specializing in ceramics from Loyola University Chicago, and subsequently became a Resident Artist in the Ceramics Program at Harvard University.

After moving to California, Megan, always an empathic person and a good listener, embarked on a master's degree in counseling psychology at John F. Kennedy University in Pleasant Hills. In 2020, upon her graduation, Megan became an intern-therapist at CIP, where she studied for three years.

Megan was known for her love of art and animals especially cats, including her beloved Arya, Sansa, and Yara.

"Megan was passionate about becoming the very best therapist she could be. She made so much progress during her three years at CIP," says Executive and Clinical Director Dr. Robin Joy Berenson. "She touched so many with her warmth, dedication, and humor. She was an inspiration, and made such a difference for so many. She is deeply missed."

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

# PROFESSIONAL DEVELOPMENT SCHEDULE 2023-24

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](http://www.cipmarin.org) or call (415) 459-5999 #101.

## 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



### SUBVERTING INTERGENERATIONAL TRANSMISSION OF TRAUMA: CHILD-PARENT PSYCHOTHERAPY (CPP) STRATEGIES THAT PROMOTE HEALING AND SECURE ATTACHMENT

Presented by Vilma Reyes, PsyD

Saturday, January 27, 2024 | 9:00 am – 4:00 pm | Location: Via Zoom



### PSYCHOTHERAPY THROUGH A JUNGIAN LENS: NAVIGATING THE RELATIONSHIP BETWEEN THE UNCONSCIOUS AND CONSCIOUS MIND IN PERSONAL PSYCHOLOGICAL DEVELOPMENT

Presented by Carolyn Bray, PhD

Saturday, March 23, 2024 | 9:00 am – 4:00 pm

Location: San Rafael Embassy Suites

## CLASSES

3-4 CEs for LMFTs & LCSWs, and 3-4 CEs for Psychologists  
CIP Member Rate: \$75 early registration up to 10 weekdays prior to class, \$90 after  
Non-member Rate: \$100 early registration up to 10 weekdays prior to class, \$115 after



### WHY AM I FEELING (OR BEHAVING) THIS WAY? HOW WORKING WITH TRAUMA IMPACTS THE CLINICIAN

Presented by Julia Robbins, LCSW

Friday, February 23, 2024 | 9:00 am – 12:00 pm | 3 CEs

Location: via Zoom



### CLIMATE CHANGE IN THE CONSULTATION ROOM: TREATING CLIMATE DISTRESS AND INCREASING PRO-ENVIRONMENTAL BEHAVIOR

Presented by Barbara Easterlin, PhD

Saturday, April 13, 2024 | 9:00 am – 1:00 pm | 4 CEs

Location: San Rafael Embassy Suites

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 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.

## CO-SPONSORED EVENTS



### HEALING AT THE EDGE: CONSCIOUS LIVING, CONSCIOUS DYING Presented by Dale Borglum, PhD

CEs available for LMFTs, LCSWs, Psychologists, RNs and LAcS.

RNs & LAcS may attend either day of a two-day workshop for the single day fee. LMFTs, LCSWs and Psychologists must attend both days.

Certificates issued after completion of final session.

### ONE-DAY WORKSHOP

Saturday January 27, 2024

9:00 am – 6:00 pm PST

Location: Spiritual Life Center at St. Agnes  
1611 Oak Street, San Francisco

### TWO-DAY WORKSHOP

Saturday February 10 and 11, 2024

9:00 am – 6:00 pm PST

Location: Montague Hall 5  
Richmond Row, San Anselmo

### ONE-DAY WORKSHOP

Saturday February 24, 2024

9:00 am - 6:00 pm PST

Location: Finley Center  
2060 W. College Avenue, Santa Rosa

### TWO-DAY WORKSHOP

Saturday March 23 & Sunday 24, 2024

9:00 am – 6:00 pm PST

Location: Zoom Only

You may register online by visiting [www.livingdying.org](http://www.livingdying.org), and clicking on **Healing at the Edge: Conscious Living/Conscious Dying.**



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY  
 1330 LINCOLN AVENUE, SUITE 201  
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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](http://www.cipmarin.org)



**2024 RAISING HEALTHY FAMILIES  
 COMMUNITY EDUCATION SERIES**

Co-hosted by CIP and the  
 Marin County Office of Education

All events are free, but pre-registration is required.

Visit [www.cipmarin.org](http://www.cipmarin.org) to register, enter our Raffle, or make a tax-deductible donation.

All *Raising Healthy Families* proceeds go directly to support CIP's vital safety-net programs. Your donation at the highest level is greatly appreciated.

*For more information on each presentation and presenter, turn to page 5.*

**2024 SCHEDULE OF EVENTS**

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For more information, please call: (415) 459-5999 #101.

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