

Community Institute for Psychotherapy

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

Phone (415) 459-5999



Here, it's ok to not have the answer: A Weekly Process Group for Men

A weekly group for men to explore what's happening in their lives in a supportive, nonjudgmental space. Come to be seen, heard, and connect. Listen, share, or simply be present. All are welcome.

Figure out what you actually want, not what you think you're supposed to want.
Get honest with yourself so you can be more honest with the people you love.
Notice the patterns you keep repeating and get curious about what's driving them.
Stop white-knuckling your way through everything and learn when to let go.
Connect with other men who will challenge you and support you.

When: Wednesday 6:30 – 8:00 pm, weekly (in 12-week segments) starting in October.

Where: Community Institute for Psychotherapy, 1330 Lincoln Ave, Suite 201

Cost: \$35 – \$ 45 sliding scale

Co-Facilitated by MFT Trainees: Stefan Gerard and Alexie Dossa

Supervised by: Kristin Wolcott Farese, LCSW, CGP, License: 59619

Stefan Gerard

Stefan is a practicing therapy intern at CIP. His interest in this work is both personal and professional, rooted in his own experience of midlife and in watching the men around him go through it quietly and alone, wondering if there's another way.

Alexie Dossa

Alexie is a practicing therapy intern who brings 30 years of leadership and group facilitation experience. He co-leads men's groups exploring identity, meaning, connection, relational growth, accountability, emotional regulation, self-awareness, and possibility.

Please call: (415) 459-5999 x450

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CIP is a nonprofit agency, serving Marin County for over 35 years