



Community Institute for Psychotherapy

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

(415) 459-5999 • www.cipmarin.org

Women's Group

For women in their 20s–30s

Navigating your 20s and 30s often comes with complex relational shifts, self-doubt, and the pressure to have it all figured out. This depth-oriented process group offers a supportive space to explore what shows up in real time, build deeper self-understanding, and move from constant self-improvement toward true self-acceptance.



A small, supportive group meeting weekly in San Rafael.

WHEN
Tuesdays
5:00–6:30 pm

COST
\$35–\$45
Sliding scale

WHERE
San Rafael
1330 Lincoln Ave



Led by: Sarah Howard, Doctoral Student

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

Sarah brings a holistic approach and has worked in mental health since 2018. She has led a women's circle for the past seven years and has seen firsthand what becomes possible when women feel safe to express themselves authentically, cultivate intuition, and explore new ways of relating in community.



Interested in joining?



Please call (415) 459-5999 x450 or visit www.cipmarin.org

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