

# GROUP THERAPY

Dr. Chelze Zamani |she/her|, will be offering two weekly 50 mins online closed groups for 6 weeks. Begins Monday 2/21, 6 spots available per group, \$45 private pay per session. California residency ages 18 & older.

Contact for further info/Sign up:  
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## PEER SUPPORT GROUP FOR FRIENDSHIP BREAKUPS: 6:00 PM

- Sharing the lived experience of the ambiguous loss process of friendship. Have you drifted apart from a long term/significant friend? Or maybe chose to end a friendship that was meaningful to you? Coming together during a time of grief to honor this transition can help aid in the meaning making process of this experience.

## STRESS RESPONSE 101: 5:00PM

### LEARN ABOUT

- What is a stress response?
- Types of stress responses.
- Neurobiology of stress response.
- Long/short term impact of stress response.
- Stress response and relationships.
- Language, culture, and role of stress response.

Group dates: 2/21, 2/28, 3/7, 3/14, 3/21, 4/4