

GROUP THERAPY

Dr. Chelze Zamani, PsyD, LMFT#121997
will be offering two weekly 50 min
online open groups for California
residents. Begins Monday 1/24, 6 spots
available per group, \$60 per session.

Ages 18 & older

Contact for further info/Sign up:

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PEER SUPPORT GROUP FOR FRIENDSHIP BREAKUPS: 6:30 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: 5:30 PM

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: 1/24, 1/31, 2/7, 2/28, 3/7, 3/14