



Palo Alto Therapy



EVOLIBRI

Present

Managing Anxiety... ...Forming Social Connections

Cognitive Group Therapy for Young Adults, ages 15-25

Living in today's world is stressful, and yet as a culture we don't acknowledge our stress, much less learn to cope with it in positive, self-affirming ways. Unresolved stress leads to anxiety, which over time can lead to serious and debilitating physical and emotional illnesses.

In these eight-week, intensive groups, young adults will learn how to manage social, academic, and workplace-related anxiety while forming meaningful connections with peers in a safe environment. Participants will learn:

- How to recognize signs, symptoms, triggers and effects of anxiety
- Coping skills to manage your anxiety and allow you to lead a more fulfilling life
- Skills to navigate complex social interactions at school, work, and with friends

EvoLibri is sponsoring two groups, one for young women, led by Lisa DiMarino, LMFT, principal of Pacific Wellness Center; and one for young men, led by Ernest Schmidt, LCSW, principal of Palo Alto Therapy:

Young Women's Group:

Dates/Time: Mondays 4:30- 5:30 from May 4th - June 22nd

Location: EvoLibri, 719 Colorado Ave., Palo Alto, CA (Midtown Palo Alto)

Young Men's Group:

Dates/Time: Thursdays 5:00-6:00 from July 2 – August 27 (skipping July 23rd)

Location: EvoLibri, 719 Colorado Ave., Palo Alto, CA (Midtown Palo Alto)

Contact: Information, registration and pre-screening appointments, contact Jan Johnston-Tyler (650)245-1855 or janjt@evolibri.com.

Cost: \$600 payable one week prior to start of group, or two payments of \$325 payable one week prior to start of group, and \$325 prior to the fourth session.

Lisa DiMarino, LMFT – Women’s Group Leader

Principal, Pacific Wellness Center (lisa@pacificwellnesscenter.com)



Lisa DiMarino is a Licensed Marriage and Family therapist with over 10 years of clinical experience working with adolescents and families. She worked for 6 years with Palo Alto Unified School District's Department of Special Education providing school-based therapeutic treatment for mood and anxiety disorders, ADD/ADHD, oppositional/defiant, and learning disorders, and spent 12 years working with various school systems and community agencies focused on developing and providing comprehensive support services in the areas of mental illness, adolescent substance abuse, recovery from trauma related to sexual assault and violence, conflict resolution and mediation, and gang violence. Lisa earned a BA in Psychology from University of California at Santa Barbara and a MA in Clinical Psychology from Antioch University in Santa Barbara, and is a member of the California Association of Marriage and Family Therapists.

Ernest Schmidt, LCSW – Men’s Group Leader

Principal, Palo Alto Therapy (Schmidt@paloaltotherapy.com)

Since 1996, Ernie has dedicated his professional life to helping people work past problems for happier, more fulfilled lives. He holds a Bachelors Degree from the University of the Pacific and a Masters Degree from UC Berkeley. In addition to Palo Alto Therapy, Ernie is a tenured faculty member of Foothill College in Los Altos Hills where he provides personal counseling and teaches on the topics of self-help strategies, stress management, and emotional wellness. Before this, he was employed with Santa Clara County Mental Health where he provided therapy to families and young adults who were having difficulty adjusting to adulthood. He is known for his direct and effective approach and the ability to help his clients achieve their goals without long-term counseling.



Jan Johnston-Tyler, MA – Sponsor

Principal, EvoLibri (janjt@evolibri.com)

Twenty-six years after earning her BA in English from UC Berkeley (and after 20 years in high-tech management), Jan Johnston-Tyler earned her MA in Counseling from Santa Clara University with an emphasis on Career Development, and immediately opened EvoLibri – a unique counseling and consulting firm with the mission of providing and promoting end-to-end services for the Bay Area’s neurodiverse teens and adults. Along with providing direct habilitation, career/vocational, post-secondary education and transition assessment and counseling services, EvoLibri provides social groups and training for this population, and actively promotes programs offered by other specialists in an effort to best serve the community as a whole. She is published both in books and in professional journals, and frequently speaks about hidden disabilities and neurodiversity in educational, non-profit, agency, and professional settings.