IREM LA Presents



GROUP THERAPY

Join us for an open discussion with a licensed therapist to talk about mental health and therapy



Featuring TINA MARIE DEL ROSARIO Licensed Therapist/Clinical Social Worker

2D21 Summer Series Session 1: June 23 Session 2: July 14 Session 3: Sept. 1

12 p.m. | Zoom COST: FREE Tina Marie Del Rosario is a Licensed Therapist/Clinical Social Worker in Los Angeles. She made a career change from commercial real estate to therapy in 2013. Tina started her career in commercial real estate as an Administrative Assistant and worked her way up to Property Manager and Operations Manager. Seeing A Therapist Doesn't Mean There's Something "Wrong With You". It Means You May Be...

- Seeking clarity in some areas of your life
- Wanting to work through complex emotions
- Working through a traumatic experience
- Challenging negative thinking patterns
- Learning new techniques to cope with difficult situations
- Focused on personal growth (

Let's stop shaming those who seek to better themselves. #StopTheStigma



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