

In Person Inclusive Perimenopause and Menopause Process Group

**Wednesdays, weekly, 6:00pm-7:30pm
In person, Atwater Village area, (91204)**

**Start date: Fall 2026
Jen Rivers, LCSW 130167
She/her/We/us**

For Clinicians:

- Every person is born, raised, and socialized in a group, which is our family
- Family is our first connection with others, where we learn about ourselves and experience relationships with others
- Groups offer a unique opportunity to connect, feel supported, allow clients to learn about themselves and how they relate to others, identify and delve into their roles in their family systems, and work through relational conflict
- Group therapy is meant to work in tandem with individual therapy. It often compliments the work you're doing with your clients
- It also provides a safe space to try the skills that you're teaching your clients in individual therapy
- I am happy to consult with you (of course with an ROI) about your client's progress and/or any issues that I may be seeing that could be helpful in your work

Logistics:

- Weekly, in person process group (Atwater Village, 91204)
- Meets on Wednesdays from 6:00pm-7:30pm
- Small group size: 4 folks minimum, 6 maximum
- Open to adults, who are struggling with symptoms of perimenopause/menopause, (including those in active menopause due to medical procedures/medical menopause)
- Two meetings with me required before clients join group
- Led by a queer clinician with lived experience around perimenopause/menopause symptoms
- Group to start fall 2026
- 12 week commitment, also requires a one month notice before leaving (16 week commitment total)

If you have any clients who may be interested in this group, you can have them contact me directly. Additionally, if you'd like more information or would like to chat with me further, please reach out.

Jen Rivers, LCSW 130167
jenriverstherapy@gmail.com
323-379-5969
www.jenriverstherapy.com