



1440 Broadway Suite 700  
Oakland, CA 94612

Conveniently  
Located Near  
BART!

# Life Skills Group

*A psychotherapy group for Individuals with  
Developmental or Intellectual Disabilities*

*Facilitators:*

*Jennifer Weiner, MA, LMFT*

*Jennifer Yun, MA, MFTI*

*Supervised by: Karen Toto, LMFT*

*Vendor #: PB1425*

*Service Code: 625*

**Eligibility:**

- Adults ages 18 and above
- Regional Center Eligible
- Groups limited to 6 participants

Contact your **Case Manager** or  
call **Alegria Community Living**  
at 510-287-8488 for more  
information

**Topics of focus:**

- *Emotional regulation*
- *Interpersonal skills*
- *Core mindfulness*
- *Distress tolerance*
- *Coping skills*
- *Assertiveness skills*
- *Peer to peer support*