

# **Lynn E. Fritz**

**Licensed Marriage & Family Therapist, LMFT #45877**

**1452 Oregon Street \* Redding, CA 96001  
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## ***Emotional Support-Wildfire Recovery***

***Community expressions of grief are essential to the healing process and recovery from wildfires. Lynn E. Fritz, Licensed Marriage Family Therapist, in collaboration with a number of local psychotherapists is providing process sessions and support groups for those impacted by the wildfires in the area. Redding Regional Chapter-California Association of Marriage and Family Therapists is co-sponsoring the sessions. All sessions are free, open to all whether they've experienced the loss or damage of a home or business, evacuation, impact upon friends/family/community or a loss of the sense of peace. Sessions are first come first served and registration is suggested as space is limited. To register call or text Lynn E. Fritz, Licensed Marriage Family Therapist at 530 243-8862 or [lynnfrtiz.lmft@gmail.com](mailto:lynnfrtiz.lmft@gmail.com).***

## ***Wildfire Recovery-Emotional Support***

***Kristin Miller, PhD, Licensed Psychologist***

***Learn Skills to Reduce Stress & Manage Grief***

***Tension Trauma Tapping Technique***

***Monday, November 19th at 6:00-7:30 PM-Session***

***Shasta Community Health Center***

***1035 Placer Street \* Redding***

## ***Wildfire Recovery-Emotional Support***

***Monday, November 19th at 6:00-7:30 PM-Session***

***Shasta Community Health Center***

***1035 Placer Street \* Redding***

## ***Wildfire Recovery-Emotional Support***

***Alena Marie Farver, Licensed Marriage Family Therapist 35155***

***Expressive Art: Moving from Grief to Hope***

***Wednesday, December 5th at 6:00-7:30 PM-Session***

***Shasta Community Health Center***

***1035 Placer Street \* Redding***

## ***Wildfire Recovery-Emotional Support***

***Kristin Miller, PhD, Licensed Psychologist***

***Learn Skills to Reduce Stress & Manage Grief***

***Tension Trauma Tapping Technique***

***Wednesday, December 12th at 6:00-7:30 PM-Session***

***Shasta Community Health Center***

***1035 Placer Street \* Redding***

## ***Wildfire Recovery-Emotional Support***

***Justina "Jamie" M. Hale, Licensed Clinical Social Workers LCSW 76072***

***Process Group with Guided Imagery***

***Wednesday, December 19th at 6:00-7:30 PM-Session***

***Shasta Community Health Center***

***1035 Placer Street \* Redding***