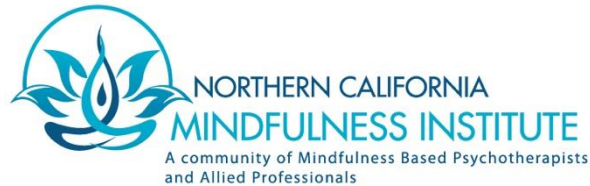


# DRINKS WITH SHRINKS



**NORTHERN CALIFORNIA MINDFULNESS INSTITUTE PRESENTS:**

**A networking event and Dharmic experience for new and prospective NCMI members and supporters.**

**Includes appetizers and one free drink for members and participants who become new members. Current NCMI members: Bring a non-member and if they sign up for membership you AND your friend will enjoy a free drink!**

**Location:** Casa Orinda

20 Bryant Way, Orinda CA

**Date & Time:** Thursday  
September 28<sup>th</sup> 5-8pm



**ENJOY A DHARMIC TALK WITH DR. JERRY GELBART, M.D.**

Jerry H. Gelbart M.D., a Northern California Psychiatrist and author. His focus is on Biopsychosociospiritual Wellness. In addition to psychopharmacology, he has extensive training in psychotherapies including CBT, DBT, and how to utilize Mindfulness Practices. He will speak about creating synergies in treatment, between psychotherapy, behavior/lifestyle change, and medications when appropriate.