

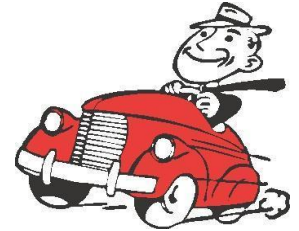


# Managing Your Emotions, Anger & More...

Do you sometimes feel your **emotions are out of control**  
and they are managing you?

Are your emotions getting in the way of having happy,  
healthy interactions and relationships?

Would you like to feel you are in control and can manage your  
feelings and reactions, regardless of your circumstances?  
Would you like to be able to understand and find ways to  
cope with difficult emotions AND create more healthy  
emotions...



If your answer is "YES," join  
*Managing Emotions, Anger & More... Educational Support Group!*

A twelve (12) week course and designed to help you gain knowledge and skill helpful in  
emotion management.

**When:** Starting July 18, 2017 - Tuesday Evenings for 12 weeks

**Time:** 5:30 PM to 7:00 PM

**Where:** Lighthouse Counseling & Family Resource Center  
427 A Street, Suite 400, Lincoln, California

For more information about this group call: The Lighthouse: 916-645-3300 and  
complete the information below and return to the Lighthouse

**\*Pre-screening is required for admission to the course.**

**\*\*\*Please ask us about child care reimbursement vouchers**

-----  
Name \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Best Time to Call \_\_\_\_\_

*Managing Your Emotions, Anger and More... is made possible, in part, by funding provided by  
Kaiser Permanente and First 5*

