

ANXIETY AND DEPRESSION MANAGEMENT



Do you
experience stress
or anxiety?

Do you struggle
with depression?

Do you feel
hopeless?

Would you like to
feel happy and
peaceful?

Come join us!



ROAD TO WELLNESS

**A 12-WEEK GROUP
HELD AT SIERRA COLLEGE
5100 SIERRA COLLEGE BLVD, ROCKLIN
ROOM LRC 434 (IN THE LIBRARY)
THURSDAYS 12:30 – 2:00PM
SEPT 14 – DEC 7, 2017**

Join us in a FREE educational support group to learn how to feel more peaceful, relaxed, and content.

Pizza will be provided!!!

Funding has been provided, in part, by the County of Placer Mental Health Services Act (MHSA).

Call Theo at 916-408-6946 or register online at

<http://lighthousefrc.org/classgroup-registration>

LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

427 A Street, Suite 400
Lincoln, CA 95648
Main Line: 916-645-3300

Theodore Gehrig, LMFT
#LMFT45296
916-408-6946
theo@lighthousefrc.org

SIERRA COLLEGE

 Each Mind
MATTERS
California's Mental Health Movement

