



**ROAD TO WELLNESS
ANXIETY AND DEPRESSION
MANAGEMENT FOR
HIGH SCHOOL**

**AN 11-WEEK COURSE
TUESDAYS 3:30 – 5:00PM
SEPT 12 – NOV 21, 2017**

Join us in a FREE educational support group to learn how to feel more peaceful, relaxed, and content. **Pizza will be provided.**

Juniors and Seniors who participate in the course will be eligible for a \$500 scholarship giveaway.

Call Theo at (916) 408-6946 to schedule an intake appointment.

Consent of your parents/guardians and current enrollment in high school are required.

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

Please contact me. I would like to join the group.

Name: _____ Today's Date: _____

City of Residence: _____ Birth date: _____

Phone: _____ Best Time to Call: _____

Dark thoughts got you down?

Are you stressed out?

Do you feel hopeless?

Would you like to feel happy and peaceful?

Come and Join us!

**LIGHTHOUSE
COUNSELING AND
FAMILY RESOURCE
CENTER**

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