

ANXIETY AND DEPRESSION MANAGEMENT FOR HIGH SCHOOL



**Dark thoughts got
you down?**

**Are you stressed
out?**

**Do you feel
hopeless?**

**Would you like to
feel happy and
peaceful?**

Come join us!

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



ROAD TO WELLNESS AN 11-WEEK GROUP 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.

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).

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

