



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!



ROAD TO WELLNESS

**A 12-WEEK GROUP ON LEARNING HOW TO MANAGE
YOUR THOUGHTS AND FEELINGS**

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

Pizza will be provided!!!

**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).*

A new group will be starting soon so:

**Call Theo at (916) 408-6946 to sign up for the next
round.**

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

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