



# ROAD TO WELLNESS ANXIETY AND DEPRESSION MANAGEMENT

**THURSDAYS, 3:00 – 4:30PM  
A 12-WEEK COURSE STARTING  
FEBRUARY 16, 2017**

**HELD AT SIERRA COLLEGE  
5000 ROCKLIN ROAD, ROCKLIN, CA  
WINSTEAD CENTER, ROOM L-193**

## Find yourself on the Road to Wellness

Join us in a FREE educational support group to learn how to reduce your feelings of sadness, worry, and loss. Emotional management techniques discussed will help you feel more peaceful, relaxed, content, and calm.

Pizza will be provided. Call or register online at <http://lighthousefrc.org/classgroup-registration>

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Please contact me; I would like to join the group:

Name: \_\_\_\_\_ Todays Date: \_\_\_\_\_

City of Residence: \_\_\_\_\_ Birth date: \_\_\_\_\_

Phone: \_\_\_\_\_ Best Time to Call: \_\_\_\_\_

**Do you experience stress or anxiety?**

\_\_\_\_\_

**Do you feel hopeless?**

\_\_\_\_\_

**Do you struggle with depression?**

\_\_\_\_\_

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

\_\_\_\_\_

**Come Join us!**

Facilitated by:

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**LIGHTHOUSE  
COUNSELING AND  
FAMILY RESOURCE  
CENTER**

**SIERRA  
COLLEGE**

**Lighthouse**  
Counseling & Family Resource Center