



ROAD TO WELLNESS ANXIETY AND DEPRESSION MANAGEMENT FOR HIGH SCHOOLERS

**WEDNESDAYS 3:30 – 5:00 PM,
A 9-WEEK COURSE STARTING
FEBRUARY 8 AND ENDING
APRIL 5, 2017**

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.**

Consent of your parents/guardians and current enrollment in high school are required. Call the main line to schedule an intake appointment with Lighthouse staff.

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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