



Managing Your Emotions, Anger & More...

Do you sometimes feel your emotions
are out of control
and they are managing you?

Are your emotions getting in the way
of having happy,
healthy interactions and
relationships?

Would you like to feel you are in
control and can manage your feelings
and reactions, regardless of your
circumstances?

Would you like to be able to
understand and find ways to cope with
difficult emotions AND create more
healthy emotions?

If your answer is "YES," join
Managing Emotions, Anger & More...
Educational Support Group today!



*A twelve (12) week course designed to help you gain
knowledge and skills helpful in emotion management.*

**Begins: January 9, 2018
Tuesday evenings for 12 weeks
Time: 5:30 PM to 7:00 PM**

**Where: Lighthouse Counseling & Family Resource Center
427 A Street, Suite 400, Lincoln, California 95648**

***Pre-screening is required for admission to the course.**

*****Please ask us about childcare reimbursement vouchers**

No cost to group participants.

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Permanente.*

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

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