



# 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: To Be Determined  
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.**

*Funding has been provided, in part, by First5 Placer and Kaiser  
Permanente.*

## **LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER**

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