



Anxiety & Depression Management - Adults

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 FOR ADULTS

A 6-WEEK GROUP ON LEARNING HOW TO MANAGE YOUR THOUGHTS AND FEELINGS

**Thursdays from 3:00pm – 4:00pm
Beginning October 8, 2020 through November 12, 2020**

Class held ***Virtually*** by Lighthouse Staff via no cost GoToMeeting phone or computer app.

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

The County of Placer Mental Health Services Act (MHSA) has provided funding. (No cost to participants)

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

**To register call Lauren
916 572-7344**

Facilitator: Lauren Hughes, AMFT 107994
Supervised by Deborah Duell-Stephens, LMFT 97103

Co-facilitator: Taylor Artley, AMFT 120087
Supervised by Eireann Smith LMFT 106515

Website: www.lighthousefrc.org