



# Camp Cope-A-Lot (Anxiety and Stress) Elementary School Age

**Are your students  
experiencing anxiety?**

**Are they stressed out?**

**Do they miss their  
friends?**

**Do they need to feel  
happy again?**

**Join us at virtual Camp  
Cope-A-Lot!**



## **CAMP COPE-A-LOT**

For Elementary School Age *Participants*

A 6-week *virtual* group on learning how to  
manage your thoughts and feelings.

**Tuesdays from 2:00pm – 3:00pm**  
Beginning October 13, 2020 through November 17, 2020

**To register call Miriam 279.888.0993**

Class held *Virtually* by Lighthouse staff, via a no cost  
GoToMeeting phone or computer app.

**Consent of your parents/guardians and  
current enrollment in elementary school are required.**

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

*The County of Placer Mental Health Services Act (MHSA),  
in partnership with Placer Office of Education (PCOE),  
has provided funding. (No cost to participants)*

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

**To register call Miriam Feese  
279.888.0993**

Facilitator: Miriam Feese, ASW 85792  
Supervised by Eireann Smith, LMFT 106515

Website: [www.lighthousefrc.org](http://www.lighthousefrc.org)