



Anxiety and Depression Management - Middle School Age

**Dark thoughts
got you down?**

Are you stressed out?

Do you feel hopeless?

**Would you like to feel
happy and peaceful?**

Come join us!



LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

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

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

Website: www.lighthousefrc.org

ROAD TO WELLNESS

For Middle 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 Lauren 916 572-7344

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

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

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), in partnership with Placer Office of Education (PCOE), has provided funding. (No cost to participants)