



# Managing Your Emotions

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 Your Emotions today!



## Managing Your Emotions Group

**Pre-screening is required for admission to the course and you must be a Placer County resident.**

**Wednesday 3:00pm to 4:00pm  
Six group classes from January 20, 2021  
through February 24, 2021**

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

Join us in an educational support group designed to help you gain knowledge and skills helpful in emotion management.

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

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

**To register call Sofia 916.587.0726**

Facilitator Sofia Johnson, AMFT 85683  
Registered Associate Marriage and Family Therapist  
Supervised by Deborah Duell-Stephens, LMFT 97103

Co-facilitator: Amanda Barthelmes  
Marriage and Family Therapist Trainee  
Supervised by Eireann Smith, LMFT 106515

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