

## 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 1:30pm– 2:30pm**  
Beginning January 12, 2021 through February 16, 2021

**To register call Miriam Feese 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)