

**Dark thoughts  
got you down?**

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**Are you stressed out?**

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**Do you feel hopeless?**

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

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**Come join us!**



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

**To register call Taylor Artley  
916 581-2252**

Facilitator Taylor Artley, AMFT 120087  
Registered Associate Marriage and Family Therapist  
Supervised by Eireann Smith, LMFT 106515

Co-facilitator: Lauren Hughes, AMFT 107994  
Registered Associate Marriage and Family Therapist  
Supervised by Deborah Duell-Stephens, LMFT 97103

## **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 January 12, 2021 through February 16, 2021**

**To register call Taylor 916 581-2252**  
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)*