

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 April 27, 2021 through June 1, 2021

To register call Sofia Johnson 916 587-0726

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 Sofia Johnson
916 587-0726**

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

Co-facilitator: Sara Ladeas
Marriage and Family Therapist Post Degree App Pending
Supervised by Eireann Smith LMFT 106515

Website: lighthousefrc.org