

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 March 16, 2021 through April 20, 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: Amanda Barthelmes
Marriage and Family Therapist Trainee
Supervised by Eireann Smith LMFT 106515

Website: lighthousefrc.org