

**Dark thoughts
got you down?**

Are you stressed out?

Do you feel hopeless?

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

Come join us!



LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

**To register call Lauren Hughes
916 572-7244**

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

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

ROAD TO WELLNESS For Middle School Age *Participants*

A 6-week *virtual* group on learning how to
manage your thoughts and feelings.

Tuesdays from 3:00pm – 4:00pm
Beginning March 9, 2021 through April 13, 2021

To register call Lauren 916 572-7344
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)*