

Women's Empowerment Group

Gain Insight

Self-Esteem
Communication
Codependency
Feelings
Positive Self-Care
Stress Reduction
Assertiveness
Healthy Boundaries
Relationship Skills
Problem Solving
Domestic Violence
Guilt & Shame



Women's Empowerment Group

Wednesday 3:00pm to 4:00pm
Six group classes from May 12, 2021
through June 16, 2021

Class held ***Virtually*** by Lighthouse Staff via no cost
GoToMeeting phone or computer app.

Join us in an educational support group to build personal
strengths and strong support systems.

The County of Placer Mental Health Services Act (MHSA)
has provided funding. (No cost to participants)

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

To register call Sara Ladeas
916 414-8467

Facilitator: Sara Ladeas
Marriage and Family Therapist
Post Degree - Registration Pending
Supervised by Eireann Smith, LMFT 106515

Co-Facilitator: Ashley Roberts, APCC 4341
Registered Associate Marriage and Family Therapist
Supervised by Eireann Smith, LMFT 106515

Website: Lighthousefrc.org