

Do you feel hopeless?

Have you been bullied?

**Have you lost, opportunities,
experiences, relationships, or
loved-ones due to COVID?**

Are you feeling lonely?

**Have you ever
experience trauma?**



**LIGHTHOUSE COUNSELING &
FAMILY RESOURCE CENTER**

**Call Lighthouse main number
916 645-3300**

Website: <https://Lighthousefrc.org>

INDIVIDUAL COUNSELING FOR TEENS

Our short-term individual therapy has proven to help many teens gain coping skills and learn to manage their thoughts and feelings.

**To sign-up for individual counseling call
Lighthouse main number 916 645-3300**

Consent of your parents/guardians is required.

*The County of Placer Mental Health Services Act (MHSA),
in partnership with Placer Office of Education (PCOE),
has provided funding. (No cost to participants)*