



All Ages Individual Counseling

Do you feel hopeless?

Have you ever experienced trauma?

Have you lost opportunities, experiences, relationships or loved-ones?

Are you feeling lonely?



INDIVIDUAL COUNSELING FOR ALL AGES

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

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

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

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

Call Lighthouse main number 916 645-3300

With locations in Lincoln, Auburn and Roseville

Website: Lighthousefrc.org