

Do you feel depressed?

**Have you experienced
a recent loss?**

**Do you feel
overwhelmed?**

**As a caregiver, do you
have feelings of guilt?**

Reach out, call now!



Grief and Bereavement Counseling

For anyone experiencing sadness, anger,
disbelief, or the recent loss of a loved one.

**Call our main number 916.645.3300
for a Lighthouse intake appointment.**

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

**LIGHTHOUSE COUNSELING &
FAMILY RESOURCE CENTER**

**Call for an intake appointment.
916.645.3300**

Website: <https://lighthousefrc.org>