

Do you sometimes feel your emotions are out of control and they are managing you?

Are your emotions getting in the way of having happy, healthy interactions and relationships?

Would you like to feel you are in control and can manage your feelings and reactions, regardless of your circumstances?

Would you like to be able to understand and find ways to cope with difficult emotions AND create more healthy emotions?

If your answer is "YES," join Managing Your Emotions today!



Managing Your Emotions Group

*At our NEW Roseville location
735 Sunrise Ave, Suite 110
Roseville, CA 95661*

Pre-screening is required for admission to the course and you must be a Placer County resident.

**Tuesdays 5:30pm to 6:30pm
Six group classes from October 5, 2021
through November 9, 2021**

Join us in an educational support group designed to help you gain knowledge and skills helpful in emotion management.

With locations in Lincoln and Auburn too.

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

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

**To register call Laura McCuan
530 499-8744**

Facilitator: Laura McCuan, AMFT 123869
Registered Associate Marriage and Family Therapist
Supervised by Eireann Smith, LMFT 106515

Co-facilitator: Victoria "Tori" Sanchez, APCC 9031
Registered Marriage and Family Therapist
Supervised by Eireann Smith, LMFT 106515

Website: [Lighthousefrc.org](https://lighthousefrc.org)

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