

Anxiety & Depression Management - Adults

**Dark thoughts got you
down?**

Are you stressed out?

Do you feel hopeless?

**Would you like to feel
happy and peaceful?**

Come join us!



LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

**To register call Taylor Artley
916 645-1329**

Facilitator Taylor Artley, AMFT 120087
Registered Associate Marriage and Family Therapist
Supervised by Eireann Smith, LMFT 106515

Co-facilitator: James Christensen, AMFT 126387
Registered Associate Marriage and Family Therapist
Supervised by Deborah Duell-Stephens, LMFT 97103

Website: Lighthousefrc.org

ROAD TO WELLNESS FOR ADULTS

**A 6-WEEK GROUP ON LEARNING
HOW TO MANAGE YOUR THOUGHTS AND FEELINGS**

**Tuesdays 5:30pm to 6:30pm
from January 11, 2022
through February 15, 2022**

Lighthouse location:
110 Gateway Drive, Suite 210
Lincoln, CA 95648

Join us in an educational support group to learn how to feel
more peaceful, relaxed, and content.

With locations in Lincoln, Auburn and Roseville

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