

Do you feel hopeless?

Have you been bullied?

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

Are you feeling lonely?

**Have you ever
experience trauma?**



**LIGHTHOUSE COUNSELING &
FAMILY RESOURCE CENTER**

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

Website: Lighthousefrc.org

INDIVIDUAL COUNSELING FOR TEENS AND ADOLESCENTS

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

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

Counseling services are provided at no, or low-cost

Consent of your parents/guardians is required.

With locations in Lincoln, Auburn and Roseville

*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)*