

# Women's Empowerment Group

## **Gain Insight**

Self-Esteem  
Communication  
Codependency  
Feelings  
Positive Self-Care  
Stress Reduction  
Assertiveness  
Healthy Boundaries  
Relationship Skills  
Problem Solving  
Domestic Violence  
Guilt and Shame



## **Women's Empowerment Group**

**Tuesdays 5:30pm to 6:30pm**  
**Six group classes from August 24, 2021**  
**through September 28, 2021**

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

Join us in an educational support group to build personal strengths and strong support systems.

With locations in Lincoln, Auburn and Roseville

*The County of Placer Mental Health Services Act (MHSA)*  
*and First5 Placer have provided funding.*  
*(No cost to Placer county residents)*



## **LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER**

**To register call Sara Ladeas**  
**916 414-8467**

Facilitator: Sara Ladeas, AMFT 126148  
Registered Associate Marriage and Family Therapist  
Supervised by Deborah Duell-Stephens, LMFT 97103

Co-Facilitator: Ashley Roberts, APCC 4341  
Registered Associate Professional Clinical Counselor  
Supervised by Eireann Smith, LMFT 106515

Website: [Lighthousefrc.org](http://Lighthousefrc.org)