

- Are you worried about your child or teen?
- Are they struggling in school or having difficulty making friends?
- Have they been bullied?
- Do they seem sad or anxious?



Individual and Family Counseling for Children and Adolescents

Our short-term individual and family therapy has helped youth gain coping skills and better manage thoughts and strong emotions.

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.*

LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

110 Gateway Drive, Suite 210
Lincoln, CA 95648

Main Line: (916) 645-3300
Website: www.LighthouseFRC.org

