Couples Counseling

We offer Solution-Focused Brief Therapy and the Gottman Method to help couples strengthen their relationships, deescalate destructive interactions, and develop healthier communications.

Family Therapy

With Attachment-Based Family Therapy, relationships between a teen and their parent(s) are addressed. We focus on strengthening family relationships and communication skills; and reducing depression, anxiety and challenging behaviors.

Call our main number (916)645-3300 for a Lighthouse intake appointment.

Offices in Lincoln, Roseville and Auburn.

Privately held counseling sessions are provided at no, or low-cost.

The County of Placer Mental Health Services Act (MHSA) has provided funding and First5 Placer.