Strengthen skills in:

- Managing emotional reactions
- Coping with stress
- Improving relationships

Managing Your Emotions - Anger Reduction Support Group

Join us for a 6 week educational support group designed to gain knowledge and skills helpful for anger management.

Pre-screening is required for admission to the course and you must be a Placer County resident.

Sept. 22nd - Oct. 27th, 2022
Thursdays at 5:30pm
110 Gateway Drive, Suite 230
Lincoln, CA

Lighthouse has locations in Lincoln, Auburn and Roseville

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