Gain skills in:

- Understanding your thoughts and emotions
- Coping with strong emotions
- Feeling more empowered

LIGHHOUSE COUNSELING AND FAMILY RESOURCE CENTER

110 Gateway Drive, Suite 210
Lincoln, CA 95648
Main Line: (916) 645-3300
Website: www.LighthouseFRC.org

To register contact:
Valerie Ledbetter, AMFT #123941
(530) 499-8803
Valerie@LighthouseFRC.org
Supervised by Eireann Smith, LMFT #106515

Scan QR code below to send email registration inquiry to class facilitator.

ROAD TO WELLNESS-
Depression and Anxiety Management for Adults

Join us in a 6-week educational group on learning how to manage and cope with anxiety and depression.

Oct. 6 - Nov. 10, 2022
Thursdays at 5:30pm
735 Sunrise Ave., Suite 110
Roseville, CA 95661

Lighthouse has locations in Lincoln, Auburn and Roseville

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