- 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, Roseville, Auburn and Rocklin

*The County of Placer Mental Health Services Act (MHSA), in partnership with Placer Office of Education (PCOE), has provided funding.*