

## Counseling for Children and Adolescents

- 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.*

### LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

110 Gateway Drive, Suite 210  
Lincoln, CA 95648

Main Line: (916) 645-3300  
Website: [www.LighthouseFRC.org](http://www.LighthouseFRC.org)

