

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, Auburn and Rocklin.**

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.*

LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

110 Gateway Drive, Suite 210
Lincoln, CA 95648

Main Line: (916) 645-3300
Website: www.LighthouseFRC.org

