

- **Have you experienced a recent loss?**
- **Do you feel sad and overwhelmed?**
- **Would you like a guide in your journey through grief?**

Reach out!
Call now for an intake appointment.



Grief Counseling

For anyone experiencing sadness, anger, or pain from the recent loss of a loved one.

Lighthouse counselors assist individuals and families to process their grief, accept life transitions and plan for the future. Therapy is an opportunity to explore feelings and memories without judgment.

No one has to feel alone in their grief.

**Offices located in Lincoln,
Roseville, Auburn and Rocklin.**

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

LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

110 Gateway Drive, Suite 210
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Website: www.LighthouseFRC.org

