Join us for a 6-week educational support group to develop your parenting skills. Feel more confident, less stressed and more capable to support your teen’s journey to adulthood.

Sept. 12 - Oct. 17, 2023
Tuesdays at 5:30pm

LOCATION:
723 Sunrise Ave., Ste 110
Roseville, CA 95661

You must be a Placer County resident to attend.

The County of Placer Mental Health Services Act (MHSA) has provided funding.

- Feel more secure in your parenting skills
- Improve openness and trust with your teen
- Understand your own emotions
- Create a more stable and happy home environment

LIGHTHOUSE 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:
Laura McCuan, AMFT #123869
(916) 581-6071
Laura@LighthouseFRC.org
Supervised by Eireann Smith, LMFT #106515

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