Gain skills in:

- Understanding your thoughts and emotions
- Coping with strong emotions
- Feeling more empowered

Lighthouse Counseling and Family Resource Center
110 Gateway Drive, Suite 210
Lincoln, CA 95648
Main Line: (916) 645-3300
Website: www.LighthouseFRC.org

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

Road to Wellbeing - Anxiety and Depression Management for Adults

Join us in a 6-week educational group on learning how to manage and cope with anxiety and depression.

Date To Be Determined

Lighthouse has locations in Lincoln, Roseville, Auburn and Rocklin

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