Time To Be Selfish!

Self-Care and Personal Growth Group

Join us for a 6-week educational support group to develop personal strengths and strong support systems.

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

LOCATION:
3175 Sunset Blvd., Ste 103
Rocklin, CA 95677

You must be a Placer County resident to attend.

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

Gain insights for:
- Strengthening communication
- Embracing self-care
- Setting healthy boundaries
- Enhancing relationship skills
- Coping with strong emotions

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
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Laura@LighthouseFRC.org
Supervised by Eireann Smith, LMFT #106515

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