

Family Resource Services

- New Mom's Home Visitation Program
- Employment Readiness and Budget Planning Services
- Cal Fresh and Medi-Cal Information, Education and Enrollment
- Child Car Seat Safety Program
- Diaper Bank
- Seasonal/Holiday Support Services
- Information and referrals to various community services including transportation, WIC, housing and utility assistance, vision assistance and more.



Counseling Services

Lighthouse offers low or no-cost, short-term counseling services to individuals, families, and couples living in Placer County and surrounding areas.

We offer support for individuals and families coping with difficult life transitions, relational issues, grief, trauma, mental health concerns and various other topics.

We offer psychoeducational groups throughout the year for those open to supporting their mental wellness.

Services offered in-person and via telehealth.

**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

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