

# The Couple's Toolbox

## Gain insights for:

- Improving communication
- Creating emotional intimacy
- Building trust
- Enhancing relationship skills
- Creating connections

#### 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) 408-6946 Laura@LighthouseFRC.org Supervised by Eireann Smith, LMFT #106515

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





### The Couple's Toolbox

Join us in this 4 week class to learn skills and tips to improve your marriage.

### Feb. 6 - Feb. 27, 2024 Tuesdays at 5:30pm

LOCATION: 3175 Sunset Blvd., Suite 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.