

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
(916) 408-6946

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

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



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.

April 2 - May 7, 2024
Tuesdays at 5:30pm

LOCATION:

110 Gateway Drive, Suite 230
Lincoln, CA 95648

You must be a Placer County resident to attend.

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