

## Managing Your Emotions- Anger Reduction

### Strengthen skills in:

- Managing emotional reactions
- Coping with stress
- Improving relationships

### LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

110 Gateway Drive, Suite 210  
Lincoln, CA 95648

Main Line: (916) 645-3300

Website: [www.LighthouseFRC.org](http://www.LighthouseFRC.org)

#### To register contact:

**Laura McCuan, AMFT #123869**  
**(916) 408-6946**

**[Laura@LighthouseFRC.org](mailto:Laura@LighthouseFRC.org)**  
Supervised by Eireann Smith, LMFT #106515

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



Paperwork required to enroll.



### Managing Your Emotions - Anger Reduction Support Group

Join us for a 6 week educational support group designed to gain knowledge and skills helpful for anger management.

**Pre-screening is required for admission to the course and you must be a Placer County resident.**

**March 6 - April 10, 2024**  
**Wednesdays at 5:30pm**

#### LOCATION:

**110 Gateway Drive, Suite 230**  
**Lincoln, CA**

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