

## Gain skills in:

- Understanding your thoughts and emotions
- Coping with strong emotions
- Feeling more empowered



## 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)

**For more information, contact:**  
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Supervised by Eireann Smith, LMFT #106515



## ROAD TO WELLNESS-

### Anxiety and Depression Management for Adults

Join us in a 6-week educational group on  
learning how to manage and cope with  
anxiety and depression.

**April 25 - May 30, 2024**  
**Thursdays at 5:30pm**

**LOCATION:**

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

You must be a Placer County resident to attend.  
The County of Placer Mental Health Services Act  
(MHSA) has provided funding.