

Camp Cope-a-Lot for Children

This fun and innovative program is a cognitive behavioral therapy-based course designed for 6-12-year olds.

Participants will learn evidence-based strategies to help them manage stress, fear and anxiety.



LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

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CAMP COPE-A-LOT

Children will learn strategies for understanding and managing stress fear and anxiety.

July 8th-11th, 2024
Monday through Friday
9-10:30am

LOCATION:
3175 Sunset Blvd., Ste103
Rocklin, CA 95677

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