

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

For more information, contact:

Dawniel Page,
Clinical Director

(916) 408-6618

Dawniel@LighthouseFRC.org

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.**

**Sept. 18 - Oct. 23, 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)