

- **Do you feel sad, angry, anxious, or overwhelmed?**
- **Would you like tools to help you in your journey through grief?**



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.



Grief Support Class

Join our 4-week Grief Support Class to gain insights into helping you deal with the complex emotions associated with your loss.

Class participants will learn skills for processing, managing and normalizing the grief process in a safe, nurturing environment led by our counseling staff.

You don't have to face this transition alone.

**Sept. 26th - October 17th
Thursdays at 5:30pm**

LOCATION:

**110 Gateway Drive, Suite 230
Lincoln, CA 95648**

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