

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
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For more information, contact:

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Dawniel@LighthouseFRC.org

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



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.

Oct. 1 - Nov. 5, 2024
Tuesdays 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.