

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.

2025
Date and Location
To Be Determined

Lighthouse has locations in Lincoln, Roseville, Auburn and Rocklin

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