

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:

Laura McCuan, LMFT #147019

(916) 408-6946

Laura@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.**

**Jan. 23rd - Feb. 27th, 2025
Thursdays from 5:30-6:30pm**

LOCATION:

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

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