

Gain insights for:

- Strengthening communication
- Embracing self-care
- Setting healthy boundaries
- Enhancing relationship skills
- Coping with strong emotions



LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

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For more information, contact:

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



Time To Be Selfish!

Self-Care and Personal Growth Group

Join us for a
6-week educational support group
to develop personal strengths
and strong support systems.

Feb. 5th - March 12th, 2025
Wednesdays from 5:30-6:30pm

LOCATION:

3175 Sunset Blvd., Suite 103
Rocklin, CA 95677

You must be a Placer County resident to attend.

The County of Placer Mental Health Services Act (MHSA)
has provided funding.