

Lighthouse Classes at Your Location

Interested in a class for your group?

Current Topics Available Include:

- “Managing Your Emotions” Anger Reduction
- “Road to Wellness” Depression and Anxiety Management
- “Oh, Good Grief” Grief Support Group
- “Time To Be Selfish!” Self-care and Personal Growth
- “Love and Logic” Parenting Class
- “The Couple’s Toolbox” Marriage Improvement Class
- “Camp Cope-a-Lot” Stress, Anxiety, Depression Management for Children



Lighthouse Group Classes at Your Location

Our professional counseling team conducts a variety of classes at four office locations. We also facilitate classes for groups within Placer County upon request. Classes and group sessions may vary in length and duration.

For more information, contact Dawniel Page, Clinical Director, at Dawniel@LighthouseFRC.org

Lighthouse is a 501c3 nonprofit organization, and our tax ID# is 35-2252834.

LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

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Offices in Lincoln, Roseville, Auburn and Rocklin.