

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

Website: www.LighthouseFRC.org

For more information, contact:

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(916) 408-6946

Laura@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.

April 29th - June 3rd, 2025
Tuesdays from 5:30-6:30pm

LOCATION:

735 Sunrise Avenue, Suite 110
Roseville, CA 95677

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