

Camp Cope-a-Lot for Children

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

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



CAMP COPE-A-LOT

Children will learn strategies for understanding and managing stress, fear and anxiety.

Mon-Fri, 9:00am-10:30am

June 16-20, 2025

3175 Sunset Blvd., Suite 103

Rocklin, CA 95677

**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.