

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:

Ashley Roberts, LPCC #17031

(916) 408-6617

Ashley@LighthouseFRC.org

Scan QR code below to send email
registration inquiry to class coordinator



Paperwork required to enroll.



**DBT: Understanding and Managing Emotions-
Anger Reduction Support Group**

Join us for a 6 week educational support group
designed to gain knowledge and skills helpful for
anger management.

**February 4 - March 11, 2026
Wednesdays from
5:30-6:30pm**

**LOCATION:
3175 Sunset Blvd, Suite 103
Rocklin, CA 95677**

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