

Permission to Put Me First

Gain insights for:

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



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) 408-6617

Ashley@LighthouseFRC.org

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



Permission to Put Me First- Self-Care and Personal Growth Group

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

March 11 - April 15, 2026

Wednesdays from 5:30-6:30pm

LOCATION:

**110 Gateway Drive, Suite 230
Lincoln, CA 95648**

You must be a Placer County resident to attend.

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