

Lighthouse Classes at Your Location

Interested in a class for your group?

Current Topics Available Include:

- Anger Reduction and Management
- Depression and Anxiety Management
- Grief Support Group
- Self-care and Personal Growth
- 'Love & Logic' Parenting Classes
- Parenting Children with Trauma
- Marriage Enrichment
- Stress, Anxiety, Depression Management for Youth

Classes also available in Spanish



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 Eireann Smith Clinical Director, at Eireann@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.