



Show me your website

Our professional counseling team conducts classes for Placer County residents at our four office locations at no cost to class participants regardless of insurance status.

We also facilitate classes at your location upon request.

For flyers, registration and class information, visit the "Group Classes" tab on our website at: <https://lighthousefrc.org/group-classes/> or call our office at (916) 645-3300



Show me your classes



Good Grief

4-week Grief Support Group Class

Tues. 5:30-6:30pm, Jan. 27th - Feb. 17th, 2026

735 Sunrise Avenue, Suite 110, Roseville, CA

Parenting Children with Trauma

Group Class for Parents & Guardians

Thurs. 5:30-6:30pm, Jan. 29th - Feb. 26th, 2026

online class



DBT: Understanding & Managing Emotions

Anger Reduction Support Group

Weds. 5:30-6:30pm, February 4th - March 11th, 2026

3175 Sunset Blvd, Suite 103, Rocklin, CA

Permission To Put Me First

Self-care and Personal Development Growth Group

Weds. 5:30-6:30pm, March 11th - April 16th, 2026

110 Gateway Drive, Suite 230, Lincoln, CA



Love and Logic

Parenting Skills Development Group Class

Thurs. 5:30-6:30pm, March 12th - April 16th, 2026

735 Sunrise Avenue, Suite 110, Roseville, CA