

Strengthen skills in:

- Managing emotional reactions
- Coping with stress
- Improving relationships



Scan QR code to register.

Group Registration Form



For questions or additional assistance in registering for classes, contact:

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LIGHTHOUSE COUNSELING AND
FAMILY RESOURCE CENTER
110 Gateway Drive, Suite 210 Lincoln, CA 95648
Main Line: (916) 645-3300
Website: www.LighthouseFRC.org

**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 and other strong emotions.

**May 21 - June 25, 2026
Thursdays from
5:30-6:30pm**

**LOCATION:
Roseville office
735 Sunrise Ave., Suite 110**

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