

This fun and innovative program is a cognitive behavioral therapy-based course designed for 7-12-year olds.

Participants will learn evidence-based strategies to help them manage stress and anxiety.



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
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CAMP COPE-A-LOT

Children will learn strategies to identify, understand and manage fears through skills training and exposure tasks.

They will create an action plan to deal with stressful situations through a fun, interactive amusement park themed curriculum.

June 8 - 12, 2026
Daily
10:00 - 11:00am

LOCATION:
Rocklin office
3175 Sunset Blvd., Suite 103

You must be a Placer County resident to attend. The County of Placer Mental Health Services Act (MHSA) has provided funding.