



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



Love and Logic Parenting Skills Development

Tuesdays, May 19th-June 23rd, 2026, 5:30pm-6:30pm
Auburn, CA - Location TBD

Good Grief 4-week Grief Support Group

Wednesdays, May 20th-June 24th, 2026, 5:30pm-6:30pm
Auburn, CA - Location TBD



DBT: Understanding & Managing Emotions Anger Reduction Support Group

Thursdays, May 21st-June 25th, 2026, 5:30pm-6:30pm
735 Sunrise Avenue, Suite 110, Roseville, CA

The Couple's Toolbox Marriage Enrichment

Thursdays, May 21st-June 25th, 2026, 5:30pm-6:30pm
Auburn, CA - Location TBD



Parenting Children with Trauma Parents & Guardians Group

Tuesdays, May 26th-June 23rd, 2026, 5:30pm-6:30pm
3175 Sunset Blvd., Suite 103, Rocklin, CA

Camp Cope-a-lot for Children Helping Children ages 7-12 to Manage Stress and Anxiety

Daily, June 8th - 12th, 10:00am-11:00am
3175 Sunset Blvd., Suite 103, Rocklin, CA

