

## Gain insights for:

- Strengthening communication
- Embracing self-care
- Setting healthy boundaries
- Enhancing relationship skills
- Coping with strong emotions



## Scan QR code to register.

Group Registration Form



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

Ashley Roberts, LPCC #17031  
(916) 408-6617  
Ashley@LighthouseFRC.org

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

## Permission to Put Me First- Self-Care and Personal Growth Group

Join us for a  
6-week educational support group  
to develop personal strengths and strong  
support systems.

**Next Class:  
TBD**

You must be a Placer County resident to attend.

The County of Placer Mental Health Services Act (MHSA) has provided funding.