

- **Do you feel sad, angry, anxious, or overwhelmed?**
- **Would you like tools to help you in your journey through grief?**



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

Grief Support Class

Join our 4-week Grief Support Class to gain insights into helping you deal with the complex emotions associated with your loss. Class participants will learn skills for processing, managing and normalizing the grief process in a safe, nurturing environment led by our counseling staff.

You don't have to face this transition alone.

Oct. 15- Nov. 19, 2026
Thursdays from 5:00-6:00pm

LOCATION:
735 Sunrise Avenue, Suite 103,
Rocklin, CA

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