



Upcoming Lighthouse Group Classes



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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
group class
website page



DBT: Understanding & Managing Emotions **Anger Reduction Support Group**

Mondays, October 12 - November 16, 2026, 5:00pm-6:00pm
735 Sunrise Avenue, Suite 160, Roseville, CA

Mujer, Tú También Importas **Un espacio para mujeres en español**

Tuesdays, October 20 - November 17, 2026, 5:00pm-6:00pm
3175 Sunset Blvd., Suite 103, Rocklin, CA



Good Grief **Grief Support Group**

Thursdays, October 15 - November 19, 2026, 5:00pm-6:00pm
735 Sunrise Avenue, Suite 160, Roseville, CA

Love and Logic **Parenting Skills Development**

Thursdays, October 15 - November 19, 5:00pm-6:00pm
3175 Sunset Blvd., Suite 103, Rocklin, CA



Self-Care Café **Coffee, Conversation, Connection**

Tuesdays, October 20 - November 10, 2026, 9:00am-10:00am
110 Gateway Drive, Suite 210, Lincoln, CA

**Registration Form
for Groups**

