

DBT: Understanding & Managing Emotions

Strengthen skills in:

- Managing emotional reactions
- Coping with stress
- Improving relationships



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

DBT: Understanding and Managing Emotions- Anger Reduction Support Group

Join us for a 6-week educational support group designed to gain knowledge and skills helpful for anger management and other strong emotions.

Oct. 19 - Nov. 23, 2026
Mondays from
5:00-6:00pm

LOCATION:
Roseville office
735 Sunrise Ave., Suite 110

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