

# Lighthouse Services

## Family Resource Services:

### Resource Assistance

Basic Needs Referrals  
Employment Readiness  
CalFresh Education & Assistance  
Case Management Services  
Co-Parenting Class Vouchers  
Healthcare Education & Enrollments  
Legal Referrals  
Supervised Visitation Vouchers  
Diaper Bank  
Housing Assistance & Referrals

## Counseling Services:

Lighthouse is a full-service counseling Center providing services to children, youth, adults, couples & families

### **Evidenced Based Counseling Practices Include:**

Attachment Based Family Therapy  
Trauma Focused CBT  
CBT & DBT

### Educational Classes

Love & Logic Parenting (All Ages)  
Car Seat Safety  
Budgeting Workshops

### Seasonal Resources

Backpack Program  
Nutrition Workshop  
Holiday Referrals  
Mattress Program

### Other

Women Infants & Children (WIC)  
Community Wellness Outreach & Education

### Psycho-Educational Support Groups Include:

Teaching Pro Social Skills  
Back In the Driver's Seat (Emotion Regulation/Anger Management)  
Road to Wellness (Depression/Anxiety/Sleep Disorders/Stress Management)  
Women's Enrichment (Self-Esteem Building, Connections, Education)  
Signs of Suicide



Hope, Health & Healing

[lighthousefrc.com](http://lighthousefrc.com)