



We are able to conduct virtual therapy sessions for individuals, couples, and families. Insurances are now covering telehealth (virtual sessions). As we try to best serve our community our therapists are currently holding several free zoom support group sessions. Below is a list of all of the virtual free support groups the Lighthouse is currently offering.

Mom's support group. - Saturdays at 9:00-10:00pm & Wednesdays at 10:30-11:30AM

Addictions support group - Wednesdays 2:30-3:30 pm & Sundays 3:00-4:00 P

Teens support group - Thursdays from 9:30-10:30 AM

Covid-19 Support group- Tuesdays 10:30-11:30 AM & Fridays at 5:00-6:00 PM

School aged support group - Mondays 4:30-5:30 PM

Anxiety Disorder Support Group - Mondays 5:30-6:30pm

For more information, or to schedule an appointment, please call 847-253-9769 or e-mail us at info@lighthouseemotionalwellness.com or check out our events page on Facebook <https://www.facebook.com/LighthouseEmotionalWellness/>

If you click on the Lighthouse Facebook page you will go to the events page, and then you'll be able to register for the free zoom groups