



## **GARDENING YOUR LIFE: Grounding Course**

SKILLS & SUPPORT TO MANAGE ANXIETY AND DEPRESSION

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**MEETS THURSDAYS FROM 5-6:30PM (FOR 10 WEEKS)**

**Next group starts Sept. 23, 2021**

**\*COST IS \$35.00 PER SESSION.**

**HEARTLAND CHRISTIAN COUNSELING**

**2611 Washington St, Pella, IA 50219**

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When struggling with anxiety and depression, we often feel overwhelmed, panicked, lost, alone and many other emotions... but we don't feel grounded. This ten-week skills training group will help you learn to manage your anxiety and/or depression through grounding, gratitude and social/spiritual support.

The Grounding Group is open to anyone interested in skills training, support and education. The group covers topics from Grounding: Gardening Your Life by Dr. Heidi Vermeer-Quist and costs \$35.00. Each session begins with the Serenity Prayer and a mindfulness exercise.

The 10 main topics are:

- Deep breathing, relaxation & mindfulness
  - Improving your self talk and self concept
  - Self care: improving eat, sleep & exercise habits
  - Healthy boundaries: living with good limits
  - Understanding & managing emotions
  - Prayer journaling: working through feelings, attitudes & behaviors
  - Distress tolerance: skills for stressful times
  - Interpersonal effectiveness: respecting yourself & others
  - Assertiveness & active listening skills
  - Giving thanks & building a grateful community
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FACILITATOR: Shelby Fuhs, LMHC-T and Marina McCollom, Intern

FOR MORE INFORMATION & TO REGISTER, CALL (641) 628-9599