



GARDENING YOUR LIFE: Grounding Course

SKILLS & SUPPORT TO MANAGE ANXIETY AND DEPRESSION

MEETS THURSDAY FROM 4:30-6PM (FOR 10 WEEKS)

***GROUP COST IS \$15 PER SESSION.**

HEARTLAND CHRISTIAN COUNSELING

6200 AURORA AVE, SUITE 401E URBANDALE, IA 50322

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 \$20.00. 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 & HILARY SHEEKS
FOR MORE INFORMATION & TO REGISTER, CALL (515)331-0303