



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

**Ages 13-18**

**SKILLS & SUPPORT TO MANAGE ANXIETY AND DEPRESSION**

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**MEETS WEDNESDAYS FROM 10:00 am – 11:30 am (FOR 10 WEEKS)**  
**NEXT GROUP STARTS June 7, 2023 \*COST IS \$20.00 PER SESSION.**

### **HEARTLAND CHRISTIAN COUNSELING**

**Held at both offices: 2611 Washington St, Pella, IA 50219**  
**1701 48<sup>th</sup> St, West Des Moines, IA 50266**

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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 any teen 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+tax. (Total for 10 session + book = 221.40)

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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**FACILITATORS: Adrian Aswegen, Intern and Drew Doig, Intern**  
**FOR MORE INFORMATION & TO REGISTER, CALL: 641 628 9599 or 515 331 0303**