

Upcoming Heartland Christian Counseling Grounding Group Courses

Gardening Your Life: Grounding 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.

Clive Group: Gardening Your Life, Grounding for Adults. Will be held on Wednesdays at the Christ Life Center, 1900 NW 86th, Clive, IA, 50325. 6:00pm-7:30pm. 10 week course. Starts Wednesday, September 21, 2022.

West Des Moines Group: Gardening Your Life, Grounding for Adults. Will be held on Thursdays at Heartland Christian Counseling, 1701 48th St, West Des Moines, IA, 50266. 5:00pm-6:30pm. 10 week course. Starts Thursday, September 22, 2022.

Pella Group: Gardening Your Life, Grounding for Adults. Will be held on Tuesdays at Heartland Christian Counseling, 2611 Washington St, Pella, IA 50219. 5:30pm-7:00pm. 10 week course. Starts Tuesday, September 13, 2022.

FOR MORE INFORMATION & TO REGISTER, CALL:

West Des Moines Office (515) 331-0303

Pella Office (641) 628-9599

