

# Heartland Christian Counseling Group Courses

**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.

**Grieving** Building on the Grounding skills will help you establish a firm foundation as you deal with past hurts and losses in the Grieving Phase of Gardening Your Life. This phase is designed to help you learn about healthy grieving and to experience the freedom and wisdom that comes with working through grief.

**Chronic Pain** Reclaim your life by discussing the following topics: improving quality of life, coping and pacing skills, relationships and boundaries, self care/sleep and nutrition, managing moods, philosophy of pain management.

FOR MORE INFORMATION & TO REGISTER, CALL:

West Des Moines Office (515) 331-0303

Pella Office (641) 628-9599