

# 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.

**Pre and Post Partum Support** This group is for pregnant or postpartum moms struggling to adjust or who may have a mood or anxiety disorder and are seeking help in understanding and overcoming it. It also includes the support and shared experiences of other moms struggling with feeling down or overwhelmed, anxiety, sleep and feeding issues, guilt, feeling isolated or alone, or just not feeling like themselves.

FOR MORE INFORMATION & TO REGISTER, CALL:

Urbandale Office (515) 331-0303

Pella Office (641) 628-9599