



GARDENING YOUR LIFE: Adult Grounding Course

SKILLS & SUPPORT TO MANAGE ANXIETY AND DEPRESSION

MEETS TUESDAY'S FROM 5:30-7PM (FOR 10 WEEKS)

Next course starts February 21, 2023

Age 18 and older welcome.

HEARTLAND CHRISTIAN COUNSELING

2611 Washington St, Pella, IA 50219

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 course will help you learn to manage your anxiety and/or depression through grounding, gratitude and social/spiritual support.

The Grounding Course is open to anyone interested in skills training, support and education. The course covers topics from [Grounding: Gardening Your Life](#) by Dr. Heidi Vermeer-Quist. 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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FACILITATORS: Shelby Fuhs & Adrian Aswegen
FOR MORE INFORMATION & TO REGISTER, CALL (641) 628-9599