

Gardening 4 Life

A life skills training group rooted in solid Christian teaching, providing effective psychological tools



Emotional and psychological GROWTH is a lot like gardening. We NEED solid GROUNDING. When we GRIEVE it feels like pruning, but it is necessary in order to work through hurts and losses. Through this process we learn how to let go of lies or myths we thought were true. Then we GROW and prosper with GRATITUDE in community. All along the way we need to soak up the nourishment God provides for LIFE.

Join Heidi Vermeer-Quist, Psychologist & Gardening Group Facilitator/Teacher, for this 30 week program (held over three 10-week phases) beginning September 2011.

A sample of tools you'll gain from Skills 4 Life:

- Simple and Effective Self and Relationship Care Strategies
- Healthy Boundaries
- A "Serenity Prayer" Approach to Life
- Mindfulness - observe, describe, and fully participate in your life
- Distress Tolerance - strategies and exercises to help you through stressful times
- Emotion Management - tools to identify emotion and look at its function
- Interpersonal Effectiveness - practical strategies for valuing relationships, responding to others, and being responsible for yourself
- Developing an Internal Adult Ally rooted in Christ
- Journaling
- Active Listening
- Assertive, Loving Communication
- Hardiness Training
- Spiritual Disciplines

General Information:

Classes will be held every Tuesday evening from 7 – 9:00 p.m. Join us on September 13th at 7 p.m. for a Free Orientation Session (There is no obligation to join at this meeting.)

"This class was so rewarding – absolutely worth the time and financial investment."

The cost of each phase (10 sessions) is \$300 (\$30 per session) and includes all study materials.

Grounding phase (10 sessions, Fall 2011) - \$300

Grief phase (10 sessions, Winter 2012) - \$300

Growth in Grateful Community (10 sessions, Spring 2012) - \$300

Please make checks payable to Pine Rest Christian Mental Health Services by September 20. For financial assistance please contact Pine Rest.

Clinic hours are by appointment.

All classes will be at
Pine Rest Christian Mental Health Services
6200 Aurora Avenue, Suite 401E
Urbandale, IA 50322
Phone: 515.331.0303

To pre-register, or for more information, please call 515.331.0303.

"I appreciate knowing that I don't have to fix everything and that I can take care of myself."

