

# Student Assistance Program

## What is the Student Assistance Program?

The Student Assistance Program (SAP) is a FREE, CONFIDENTIAL, rapid response intervention that helps students and families have better success in school.

Regardless of the difficulties, we are here to help!

Des Moines Public Schools is partnering with Mosaic Family Counseling Center, Inc to deliver services to students, parents, and families who need help with current difficult behaviors and planning for successful outcomes for their children.

### Who is Eligible?

- Students
- Parents
- Families

### How are services provided?

- In person at our office
- By telephone
- By video chat

### Types of problems addressed:

- Feelings of anxiety and depression
- Relational struggles and Family stress
- Difficulty concentrating in class
- Aggressive behaviors
- Problems with drugs and alcohol
- Changes in behaviors at home or at school
- Trauma and trauma responses
- Social issues
- Adjusting to change
- Stress surrounding global pandemic

## To access help or for more information

- ⇒ Call us at 515-724-8920 office staff is available Monday - Friday, 8:00 AM—5:00 PM
- ⇒ Send an email to [info@mosaicfamilyinc.com](mailto:info@mosaicfamilyinc.com)
- ⇒ Visit our website > [www.mosaicfamilyinc.com](http://www.mosaicfamilyinc.com) > Student Assistance Page

## MOSAIC FAMILY Counseling Center Inc.

6200 Aurora Ave, Suite 305E  
Urbandale, IA 50322  
515.724.8920 (p)  
888.771.3225 (f)  
[info@mosaicfamilyinc.com](mailto:info@mosaicfamilyinc.com)  
[www.mosaicfamilyinc.com](http://www.mosaicfamilyinc.com)



MOSAIC  
Family  
COUNSELING CENTER

Committed & Responsive,  
Because We All Deserve to Be Happy  
and Feel Capable in Life!

# Programa de asistencia estudiantil

## What is the Student Assistance Program?

El programa de asistencia estudiantil está diseñado para ser una intervención de respuesta rápida, GRATIS Y CONFIDENCIAL, para estudiantes y familias que buscan ayuda en tener más éxito en la escuela. A pesar de las dificultades, estamos aquí para ayudar.

El Sistema de la Escuelas Públicas de Des Moines se ha asociado con MOSAIC FAMILY Counseling Center, Inc. para ofrecer servicios a estudiantes y sus familias que necesitan ayuda con los problemas de comportamientos y ayudar a las familias a planear resultados exitosos para sus hijos.

### ¿Quién es elegible?

- Estudiantes
- Los padres de estudiantes
- Familias

### Citas disponibles

- En persona en nuestra oficina
- Por telefono
- Por video

### Problemas con los que podemos ayudar:

- Sentimientos de ansiedad o depresión
- Problemas relacionales y estrés familiar
- Problemas de concentración en clase
- Comportamiento agresivo
- Problemas con drogas o alcohol
- Pena y pérdida
- Cambios en comportamiento en casa o la escuela
- Trauma y respondiendo al trauma
- Problemas sociales
- Ajustando al cambio
- Estrés sobre la pandemia global

Para poner cita o para más información

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- ⇒ Mande un correo electrónico a [info@mosaicfamilyinc.com](mailto:info@mosaicfamilyinc.com)
- ⇒ Visita nuestra página [www.mosaicfamilyinc.com](http://www.mosaicfamilyinc.com)

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