

**MOSAIC**  
*Family*  
COUNSELING CENTER INC.  
COUNSELING CENTER

# STEPS TO EMOTION AND ANGER MANAGEMENT GROUP

Mosaic Family Counseling Center, Inc. is now providing a 16-week program which focuses on managing emotional intensity and anger management

## **This Group Will Focus On:**

- Anger Awareness
- Recognizing and Managing Emotional Intensity
- Calming Technique
- Dysfunctional Thinking,
- Assertive Communication Skills
- Stress and Anxiety Management Skills
- Conflict Resolution Skills
- Setting Goals

**Location:** 5005 Douglas Ave., Ste. 101  
Des Moines, IA 50310

## **Payment options:**

- Insurance
- Private Pay—We provide affordable payment options.

*Please contact our office at  
515-724-8920*

*To get set up for an intake appointment.*



*Committed and Responsive*

www.mosaicfamilyinc.com *"We all deserve to be happy and feel capable in life"* info@mosaicfamilyinc.com  
5005 Douglas Ave, Suite 101, Des Moines, IA 50310 PH: 515.724.8920 FX: 888.771.3225

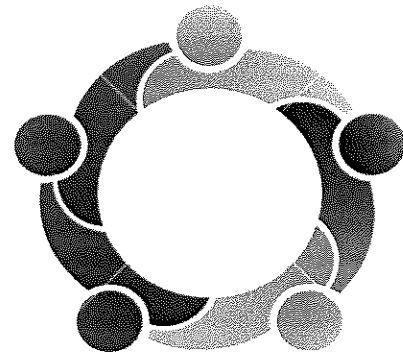


**S**ystems  
**T**Training for  
**E**motional  
**P**redictability &  
**P**roblem  
**S**olving

**20 week process group addressing symptoms of  
Emotional Intensity and Borderline Personality Disorder**

To gain the most from this program the participant will

- Continue therapy with current psychotherapist
- Attend all sessions
- Complete homework
- Engage in skills training with each other
- Focus on the present
- Learn positive communication skills
- Learn listening skills
- Experiment with new, positive behaviors
- Commitment to personal change



**Adult and Adolescent Groups Available**

**Next Classes Begin SOON!**

Call 515.724.8920 for more information  
and to schedule an intake appointment

**5005 Douglas Avenue, Suite 101**

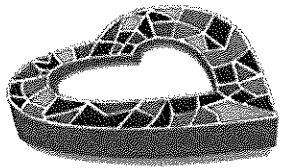
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**[info@mosaicfamilyinc.com](mailto:info@mosaicfamilyinc.com)**



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## *Beginner's Yoga Classes*



*Learn to be kind to your body  
Reduce anxiety and stress  
Increase flexibility  
Strengthen and tone muscle  
Improve respiration, energy and vitality  
Promote better sleep  
Practice mindfulness and more*

12 classes over the course of 6 weeks  
\$180 (15.00 per class)  
(cannot be billed to insurance)

Classes start soon!  
Tuesdays and Saturdays  
9:30 – 10:30 AM  
May 2<sup>nd</sup> – June 6<sup>th</sup>  
Limited to 6 persons  
Call our office to sign up

