



## **20-week program addressing symptoms of Emotional Intensity**

### **Suggestions for success while attending STEPPS program**

- Attend ALL sessions
- Commitment to personal change
- Focus on the present
- Continue with individual therapy and medication provider

### **STEPPS Program – Thursday, November 18<sup>th</sup> – Thursday, April 7<sup>th</sup>, 2022**

- Program time: 1:00-2:30 pm every Thursday for 20 weeks
- Program location - Iowa Lutheran Hospital  
4<sup>th</sup> Floor Room #477  
700 E University Ave, Des Moines, IA 50316

### **STEPPS Introductory Session: Monday, November 8<sup>th</sup> at 1:00 pm**

**- 4<sup>th</sup> Floor Room #477**

If you are interested in participating, please contact our office at (515) 263-2426.

**We look forward to hearing from you!!**

*\* Face masks required. This group will be billed to your insurance. \**