



# Full Heart Groups

**Full Heart Family Therapy and Renewal Center, LLC**  
602 SE Delaware Avenue | Ankeny, IA 50021

## **Sexual Recovery I Therapy Group**

**Thursday | 5:10-6:30pm**

This group meets every other week, on Thursday evenings. Limited spaces available. This group is for those seeking sobriety and recovery from sexual addictions or compulsions. Please join us in a safe, supportive environment while we explore information about sexual addiction, 'getting sober', and beginning a recovery journey. Cost: \$50/group with monthly commitment, \$65 per group individually.

## **Partners in Recovery I Therapy Group**

**Thursday | 5:10-6:30pm**

This group meets every other week, on Thursday evenings. Limited spaces available. This group is designed for anyone who is or has been partnered with someone struggling with sexual addiction or compulsion, and who is seeking support in their healing process. Group topics will focus on understanding sexual addiction and its effects on you, self-care, and boundaries. Cost: \$50/group with monthly commitment, \$65 per group individually.

**For More information and Registration, Call: 515-705-0174 ext. 2**

\*Concurrent individual therapy is required for participants in all groups.

\*A pre-group consultation with the therapist is required for all clients new to Full Heart.