



HEARTANDSOLUTIONS

A STRENGTH BASED COUNSELING AGENCY

Phone: 1 (800) 531-4236 Fax: 1 (319) 483-6661

PO Box 233, Grundy Center, IA 50638-0233

3100 E Ave NW
Suite 105
Cedar Rapids, IA 52405

3261 University Ave
Waterloo, IA 50701

604 8th St
Grundy Center, IA 50638

COULD THERAPY BENEFIT YOUR LIFE?

Do you have difficulty focusing on completing tasks and achieving goals? Yes No

Do you and your partner or children argue more than 3 times per week? Yes No

Do you have difficulty sleeping or focusing because of worried thoughts? Yes No

Do you find yourself more easily irritated by others than previously? Yes No

Do you have difficulty falling asleep, staying asleep or waking up? Yes No

Do you have negative thoughts about yourself that limit you from achieving your goals? Yes No

Do you feel sad or anxious more than 3 days per week? Yes No

Do you feel less interested in hobbies or activities than you previously have? Yes No

Do you feel that you have a lot of stress in your life? Yes No

Do you feel that you cope well with the level of stress in your life? Yes No

Have you suffered a loss or traumatic event recently? Yes No

Have you suffered a loss or traumatic event that you can't seem to stop thinking about? Yes No

Do you ever wish you had a safe space to talk about the things that are bothering you and to process your thoughts out loud? Yes No

If you answered Yes to any of the above questions, would you like us to call you to discuss how we can help? Yes No

Please write your name and phone number below to be entered into a drawing to win a \$100.00 gift card to Hyvee!

Name:

Phone #: