

# STEPPTS

**S**ystems

**T**Training *for*

**E**motional

**P**redictability &

**P**roblem

**S**olving

YSS is now offering STEPPTS, a nationally recognized group treatment program for those diagnosed with Borderline Personality Disorder. The course addresses issues such as:

- + Communicating in Relationships
- + Understanding Emotions
- + Setting Goals and Boundaries
- + Healthy Lifestyles

The group therapy program is open to adolescents and young adults. All classes are held in Ames.





## GROUP THERAPY

Ages 18 to 26  
Monday, 5:00-6:30 p.m.

Ages 14 to 17  
Tuesday, 3:30-5:00 p.m.

## FAMILY COUNSELING & CLINIC

Family Life Center  
125 South 3rd Street  
Ames, IA 50010  
(515) 233-2250

For more information, contact the YSS  
Family Counseling & Clinic at  
515-233-2250

