

# Student Assistance Program



MOSAIC FAMILY Counseling Center Inc.

We are the Center of Excellence in Supporting the Healing of Life's Challenges

## What is SAP?

The Student Assistance Program (SAP) is designed to be a FREE, CONFIDENTIAL, rapid response intervention for students and their families to help children and families have better success in school. Regardless of the difficulties, we are here to help! The Des Moines Public School System is partnering with MOSAIC FAMILY Counseling Center, Inc to deliver the services its students and their families need to help with current difficult behaviors and help families plan for successful outcomes for their children.

## Who is Eligible?

Children

Parents

Families

## Types of problems addressed:

Bullying

Feelings of Anxiety and Depression

**Relational struggles** and Family stress

**Difficulty concentrating** in class

**Aggressive behaviors**

**Problems with** Drugs and Alcohol

**Grief and loss**

**Changes in behaviors** at home or at school

**Trauma and trauma responses**

## **To access help or for more information**

Call MOSAIC FAMILY Counseling Center, Inc. 515-724-8920 Monday through Friday, between 8am—5pm or email us at [info@mosaicfamilyinc.com](mailto:info@mosaicfamilyinc.com) or go to our website at [www.mosaicfamilyinc.com](http://www.mosaicfamilyinc.com)—**Student Assistance Page**

You can also ask for more information from your school counselor or administration

**We will meet you where you are at!**

MOSAIC FAMILY Counseling Center Inc.

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515.724.8920

Committed & Responsive,  
Because We All Deserve to Be Happy  
and Feel Capable in Life!