



COVID Recovery Iowa is here to help

- ▶ Counseling will take place via virtual sessions, chat or phone call.
- ▶ People of all ages may join groups online to find support and learn new strategies to cope with the effects of the pandemic in a variety of creative ways

Every Iowan is eligible for FREE, confidential counseling, group activities, support groups and resources.

Visit www.COVIDrecoveryiowa.org and complete a contact form and a counselor will get back to you.

Facebook, Instagram and Twitter: COVID Recovery Iowa

Call the Iowa Warm Line, 844-775-9276;
to connect with a peer counselor or request to get in touch
with a COVID Recovery Iowa counselor.

Parent Support Group

DISCUSSING STRESS RELATED TO COVID-19

PLEASE SEND REFERRALS TO:

Chelsea.Siefken@pathwaysb.org

Groups are free and will be held via ZOOM
Wednesdays at 5pm



COVID
Recovery
IOWA

In partnership with COVID RECOVERY IOWA and
community resources/partners in Iowa.

Hosted by PATHWAYS BEHAVIORAL SERVICES



PRE-TEEN SUPPORT GROUP

DISCUSSING STRESS RELATED TO COVID19

PLEASE SEND REFERRALS TO:

COVID
Recovery
IOWA

Caitlin.Pixler@pathwaysb.org

Groups are free and will be held via ZOOM
Mondays at 4:30pm and Thursdays at 1pm

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resources/partners in Iowa.*

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DISCUSSING STRESS RELATED TO COVID19

TEEN SUPPORT GROUP

Groups are **FREE** and will be held via **ZOOM**
Tuesdays at 10 am and Thursdays at 2pm



PLEASE SEND REFERRALS TO:

Caitlin.Pixler@pathwaysb.org

or

Chelsea.Siefken@pathwaysb.org

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