

You CAN afford to care for yourself.



YOU ARE NOT ALONE.

Sign up for high-quality, low-cost counseling services.

Are you sad or anxious, or experiencing a life transition? Are you worried you cannot afford a trusted, expert counselor to help you unravel complex thoughts? You may access high-quality, low cost mental health services to address your concerns. Services offered through the Des Moines Pastoral Counseling Service in partnership with Delta Dental of Iowa Foundation, Grace United Methodist Church and Free Clinics of Iowa.

SERVICES OFFERED:

- Short term counseling – in person or by telehealth -- will be provided by graduate student therapists who are supervised by licensed clinicians at the Des Moines Pastoral Counseling Center.
- Sessions are offered to individuals of any age, including children, teens, families and couples.
- An initial screening will take place prior to counseling to determine if this program is appropriate for your needs.

SCHEDULING OPTIONS:

- **Monday – Fridays, 9 a.m. – 4 p.m.**, at the Des Moines Pastoral Counseling Center or by telehealth, to schedule call: 515-274-4006, ext. 108, or go to: www.dmpcc.org/intake.
- **Tuesdays, 5:30 – 7:30 p.m.**, clients of the Iowa Free Clinic located in Grace United Methodist Church on Cottage Grove Avenue may talk with your Free Clinic medical provider to schedule or to discuss walk-in counseling options.
- **Wednesdays, 5 – 7 p.m.**, at Grace United Methodist Church or by telehealth, call 515-274-4006, ext. 108.

Your mental health matters.



DES MOINES PASTORAL
**COUNSELING
CENTER**

