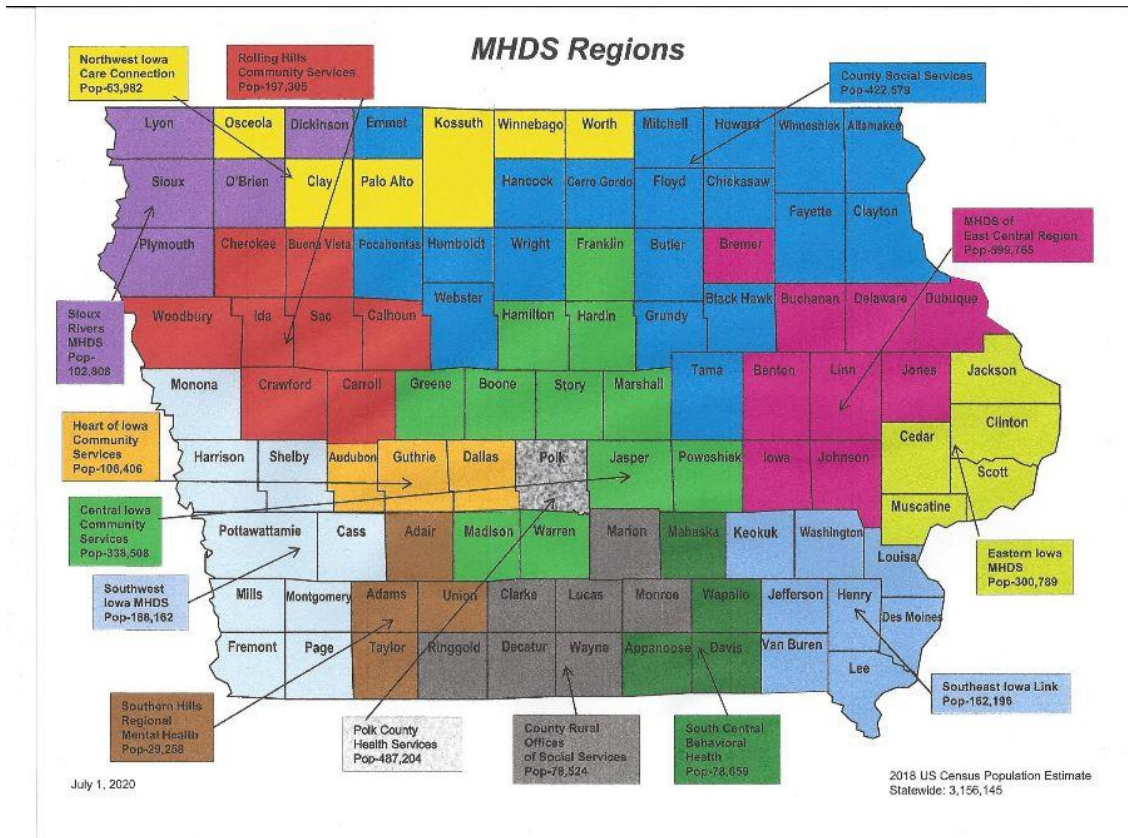


NAMI Greater Des Moines National Alliance on Mental Illness



Virtual Community Conversation 2.0 **Tuesday, Oct. 6 - 11:30 AM to 1 PM - free**

Speakers: 11:30 Karen Hyatt - Project Leader for Covid Recovery Iowa
12:15 DHS Director and Iowa Dept. of Public Health Interim
Director - Kelly Garcia



[Register Here](#)



COVID RECOVERY IOWA

is here to help.

A pandemic and a derecho. Two things you did not ask for and definitely not the norm. In the aftermath, you still have to live your life.

You may be wondering what steps to take? COVID Recovery Iowa may be able to assist. Free, virtual services such as counseling, group education and stress reduction activities are available to you.

**WE HEAR YOU. WE SEE YOU.
WE ARE HERE TO HELP.**

COVID Recovery Iowa's counselors will assess your needs and make referrals to community-based disaster relief services and agencies to extend support services to you. www.COVIDrecoveryiowa.org. The site translates into 65 languages.

Iowa Warm Line 844-775-WARM (9276): Provides confidential access to peer counseling and can connect you upon request with COVID Recovery Iowa services. Provides confidential access to virtual counselors and information and referral services for a wide variety of topics, including COVID-19 services. Language interpretation service is available.

Iowa Concern: 800-447-1985: Provides confidential access to stress counselors and an attorney for legal education focusing on rural and agricultural issues. Iowa Concern services are available 24 hours a day, seven days per week at no charge. Language interpretation service is available.

541-800-3687 Answered Live in Spanish:

Se responde en vivo en español. Proporciona acceso confidencial a consejeros virtuales, información, y una variedad de servicios de remisión que incluyen servicios relacionados a COVID19.

WE'RE STRONGER TOGETHER EVEN IN THESE UNCERTAIN TIMES!



www.COVIDrecoveryiowa.org
844-775-WARM
800-447-1985
COVID Recovery Iowa
Info@covidrecoveryiowa.com



Karen is the program leader for Covid Recovery Iowa Services and Kelly is her boss. What follows is an impressive list of services being provided due to a FEMA grant.

Check them out! They are all free.

Facebook Groups and Activities

[8 Dimensions of Wellness](#)

[A Home For Hobbies](#)

[A Place For Everything](#)

[A Place For Everything](#)

[Book Club For Elders](#)

[Book Club](#)

[COVID Numbers](#)

[Domestic Violence](#)

[Easing Anxiety Over Covid-19](#)

[Four Legged Therapy](#)

[How Does Your Garden Grow:](#)

[Inclusion For All](#)

[Iowa - A -Zinnia](#)

[Meditation & Yoga](#)

[Meet The \(Grand\)Parents](#)

[Month of Sundays](#)

[Next Level Gaming](#)

[Over Coffee](#)

[Parenting In A Pandemic](#)

[Songs From The Good Old Days With Carlene Hall](#)

[Story Starters](#)

[Substance Use](#)

[Sunday Connections](#)

[Tell Me A Story](#)

[Village of Hope](#)

[Vivo En Iowa](#)

[Well, That Looks Good Enough To Eat](#)

[Work Resources](#)

Agricultural and Rural Education available on request:

Stress on the Farm – Strategies that Help Farmers with stress reduction

Stress on the Farm – Strategies to Help Each Other During a Pandemic

Ongoing sessions:

Avoiding Burnout in a Crisis – The ABC is for Self Care

Question. Persuade. Refer (QPR) – Three simple steps anyone can learn to help save a life from suicide.

Workplace Diffusion – Virtual one-hour sessions are a safe place to talk about the way work has changed due to the COVID-19 pandemic.

Click on [Pre-Teen Support Groups](#)

Click on [Teen Support Groups](#)

Click on [Parent Support Groups](#)

Connection Points:

COVID Recovery Iowa – Facebook, Instagram, Twitter, Discord and You Tube
www.COVIDrecoveryiowa.org

Iowa WARM Line – 844-775-WARM (9276) - *Provides confidential access to peer counseling and can connect people with services*

Iowa Concern – 800-47-1985 - *confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics*

Spanish Line – 531-800-3687 - *confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topic*



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