Dual Diagnosis Support Group

AGENCY: RECOVERY INTERNATIONAL

RECOVERY INTERNATIONAL is a nonprofit self-help organization that offers help and hope to people struggling with depression, anxiety, anger, panic, compulsions and other nervous symptoms and emotional problems. At weekly meetings people learn practical coping techniques to manage negative thoughts, beliefs, and behaviors and replace them with health...

Caregiver and Youth Support Groups

AGENCY: NEBRASKA FAMILY SUPPORT NETWORK

Support group for those caring for children of any age with mental or behavioral disorders. Children are welcome. Youth support group meets at the same time.

Mental Health Education and Support Groups

AGENCY: NAMI IOWA

04/20/2020 - COVID-19 Changes:
NAMI Greater Des Moines is offering a variety of services in response to the pandemic. All services are provided live via webcast and at no cost to the public.

Mental Health Information & Resources: Offered live every Monday afternoon from 1-2:00p via Zoom. Webinar topics in...

Mental Health Education

AGENCY: NAMI CENTRAL IOWA

Free educational programs including Peer-to-Peer, a free, 10-session program for adults with mental illness; Family-to-Family, a free, 12-session program for family, significant others, and friends of people living with mental illness; NAMI Basics - free six week group education program for parents or family caregivers of children and teens experi...

Mental Health Services

AGENCY: NAMI CENTRAL IOWA

Support groups for individuals and for their families and supporters affected by mental illness. Wellness Center (drop in center) for individuals with mental illness. There is no cost for services.
Activity Center for Older Adults

AGENCY: INTERCULTURAL SENIOR CENTER

3/14/2020 - COVID-19 Update:
The Intercultural Senior Center is offering food pantry services (sack of groceries, not prepared meals) for adults ages 50 and older. There are three options to receive this assistance:

HOME DELIVERY Call 402-444-6529 to request home delivery; geographic ar...

Candles in the Darkness Support Group for Depression, Bipolar, & Anxiety

AGENCY: CANDLES IN THE DARKNESS

CANDLES IN THE DARKNESS offers a support group that helps people with bipolar, depression and anxiety disorders. The group is free and open to any adult in the community who suffers from any of these disorders. The goals at meetings are to be proactive, positive, share experiences and ways to manage our illness. Clients are encouraged to receive tr...

Mental Health Related Support Groups

AGENCY: EVERLY BALL COMMUNITY MENTAL HEALTH SERVICE

Offers Therapy Groups, Dual Diagnosis Group, Anger Management Group, STEPPS Group (System Training for Emotional Predictability and Problem Solving).

Mental Health Services

AGENCY: COMMUNITY ALLIANCE

Services for adults with mental illness.

Day rehabilitation programs provide daily living skills, pre-vocational, social skills training, and special activities.

Community support services provide one-to-one assistance in independent living, to maximize community participation and enhance quality of life.

Residentia...

Mental Health Related Support Group

AGENCY: RECOVERY INTERNATIONAL
ADHD Support Group
AGENCY: CHADD OF IOWA - QUAD CITY SITE
Educational support group for children and adults who have ADD and their families. Provides a forum for continuing education of both parents and professionals about ADD. Fosters the objective that the best educational experience should be available to children with ADD so that their specific difficulties will be recognized and appropriately manage.

Mood Disorders Support Group
AGENCY: DEPRESSION AND BIPOLAR SUPPORT ALLIANCE
Offers a peer based self-help support group for both persons with a mood disorder and friends and family members of a person with a mood disorder. Meetings feature educational materials, presentations and peer discussion groups.

Emotions Anonymous 12 Step Program
AGENCY: EMOTIONS ANONYMOUS INTERNATIONAL
Support group program based on the 12 Steps of Alcoholics Anonymous. Support groups are volunteer-led, weekly meetings that follow a specific format and use materials that have been approved by the Board of Trustees of the organization. The International Service Center, with an office in St. Paul, MN, manages information about the groups, keeps th...
Recovery International - Ames

AGENCY: FIRST CHRISTIAN CHURCH - AMES
Mental health support group

Mental Health Services

AGENCY: COUNSELING FOR GROWTH AND CHANGE
COUNSELING FOR GROWTH AND CHANGE is a private practice agency. Provides services to children and adults that focus on anxiety, depression, ADHD, ODD, PTSD, Bipolar disorder, divorce, gay and lesbian issues, male/female dependency issues, self esteem and marital counseling. Also provides services to victims of physical, sexual, domestic and substanc...

Postpartum Depression Information and Support

AGENCY: POSTPARTUM SUPPORT INTERNATIONAL (PSI)
Warmline serves callers from around the world who need referrals to appropriate local resources.

Online support group available through website.

Behavioral Health Services

AGENCY: EASTERN NEBRASKA COMMUNITY ACTION PARTNERSHIP

3-26-20 - COVID-19 Update:
ENCAP's offices are closed to the public effective March 23 - April 5, 2020. We are still providing modified services. Please call the ENCAP HOTLINE: 402-453-5656, ext. 223.

We can help with financial assistance, SNAP applications, budgeting and community resources...

Children and Adults with Attention Deficit Disorder Support Group

AGENCY: CHILDREN AND ADULTS WITH ATTENTION DEFICIT DISORDER SUPPORT GROUP
A support group for parents and children with ADD or ADHD with or without hyperactivity.
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