



Free/Low-cost Mental Health Counseling Sessions

Grace United Methodist Church in partnership with the Des Moines Pastoral Counseling Center offers low-cost mental health counseling to individuals and families who are in need.

SERVICES OFFERED:

- Short term counseling will be provided by student therapists who are supervised by licensed clinicians at the Des Moines Pastoral Counseling Center.
- Sessions are offered to individuals of any age, including families and couples.
- An initial screening will take place prior to counseling to determine whether this program is appropriate for the client's needs.

DATE: Wednesdays

TIME: 2:00 p.m. – 6:00 p.m.

LOCATION: 2nd floor Library/Nursery at Grace United Methodist Church, 3700 Cottage Grove Ave, Des Moines

TO MAKE AN APPOINTMENT: Contact Des Moines Pastoral Counseling Center at 515-274-4006