Des Moines Pastoral Counseling Center

8553 Urbandale Ave. ▪ Urbandale, IA 50322
515.274.4006 ▪ www.dmpcc.org

WHO WE ARE

A Place for Hope and Healing

The Des Moines Pastoral Counseling Center is an accredited not-for-profit organization of 27 counselors bringing skill, compassion, hope and healing to over 2,400 individuals and families in our community each year.

MISSION

The Center's mission is to bring understanding, hope and healing to people of all ages through counseling and education. Center counselors are committed to restoring lives, rebuilding relationships, and reestablishing hope for the future.

ABOUT US

- Highly trained licensed staff
- Comprehensive services for adults and children
- Highest standard of care throughout 42 years of service
- Sliding payment scale for those without health insurance
- "Pastoral"~ the traditional name for counseling that integrates psychotherapy with a client's values/faith

C.O.O.L.

The Center has a hugely effective and highly respected program for children and adolescents called **C.O.O.L.** (Children Overcoming the Obstacles of Life), which offers a safe and nurturing place for counseling youth.

COUNSELING SERVICES

- Adults: loss and grief, anxiety, stress, depression, abuse, trauma, addictions, personality disorders, life transitions
- Relationships: trust, respect, intimacy, communication skills, couples, marital, family, divorce, mediation
- C.O.O.L.: play therapy, adjustment problems, anger, autism, ADHD, chronic illness, parenting strategies
- Specialty: psychological testing, Healing Touch, spiritual direction, career counseling, internat'l adoption evaluation, gastric bypass surgery evaluation, certified alcohol and drug counselor, psychiatric Physician Asst.
- Satellites: Lamoni, Leon, Mitchellville, Mt. Ayr, Osceola

OTHER SERVICES

Beyond counseling services, the Center provides:

- psychotherapy training for mental health professionals
- educational programs and speakers bureau for schools, churches, corporations, and the wider community
- employee assistance services to smaller companies
- a program of spiritual renewal & formation~ *PrairieFire*
- support and educational programs for ministry
- consultation to churches and other organizations

CONTACT for further information

Visit the Center's website ~ www.dmpcc.org
Kathy Giles, Director, Marketing and Communications

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How we can help....

Life is complex and full of challenges. Career demands, personal relationships, and family situations often contribute to depression, grief, stress, anxiety, and other emotional hurdles. At the Des Moines Pastoral Counseling Center, we can help you or someone you know cope with the challenges of life, heal from emotional wounds, and grow toward psychological maturity. We work to restore the whole person: mind, body, and spirit.

Restoring Lives



Whether you are facing a crisis or have a long-standing concern, if you are experiencing stress or discord, please call us today at 515.274.4006. Our staff provides high quality affordable counseling.

Rebuilding Relationships



Our compassionate counselors can help you resolve marital and family conflicts, explore intimacy issues, improve communication skills, and ease the effects of stress and anxiety on your relationships. Please call us today so we can help with your concerns (515.274.4006).

Quality Affordable Counseling for All

Center clients come from every walk of life and reflect all ages, from pre-school children to senior citizens. The Center's services are affordable to all. Most insurance plans cover a portion of the fee. For the uninsured and underinsured, the Center is able to provide services on an ability-to-pay, sliding-scale basis thanks to donations from individuals, corporations, foundations, and churches. Gifts to the Center are tax deductible and help many hundreds of people each year.



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