

# PROFESSIONAL RESOURCE DIRECTORY



*we were never meant to walk this road alone*

### PERSONALIZED COUNSELING FOR MENTAL WELLNESS



OUR MAIN FOCUS IS PROVIDING QUALITY CARE AND ASSISTANCE TO INDIVIDUALS WHO EXPERIENCE ECONOMIC, SOCIAL, EMOTIONAL, AND PSYCHOLOGICAL PROBLEMS TO ACHIEVE THEIR HIGHEST LEVEL OF FUNCTIONING AND QUALITY OF LIFE.



[WEBSITE](#)



(319) 250-1267

### WOMEN'S WELLNESS AND COUNSELING SERVICE



THE UNIVERSITY OF IOWA HOSPITAL & CLINICS WOMEN'S WELLNESS AND COUNSELING SERVICE PROVIDES COMPREHENSIVE CARE FOR WOMEN WHO ARE EXPERIENCING MENTAL HEALTH CONCERNS RELATED TO PREGNANCY, CHILDBIRTH, OR REPRODUCTIVE HEALTH.



[WEBSITE](#)



(319) 384-5499

### YOU ARE INTENTIONALLY DESIGNED AND WONDERFULLY MADE.



DR. HANNAH ANDERSON SPECIALIZES IN WOMEN'S HEALTH AND PEDIATRICS. SHE HAS EXTENSIVE TRAINING TO CARE FOR WOMEN GOING THROUGH PUBERTY, TRYING TO CONCEIVE, PREGNANCY, AND POSTPARTUM.



[WEBSITE](#)



(319) 550-6210

### DR. MARY HAGERTY PT, DPT



PELVIC HEALTH PHYSICAL THERAPIST COMMITTED TO HELPING WOMEN FEEL STRONG, CAPABLE AND CONFIDENT FOR ALL OF LIFE'S ADVENTURES, WITHOUT UNCOMFORTABLE PELVIC SYMPTOMS OR PAIN GETTING IN THE WAY. 00% VIRTUAL COACHING AVAILABLE GLOBALLY, AND IN-PERSON CARE AVAILABLE IN THE EASTERN IOWA CORRIDOR



[WEBSITE](#)

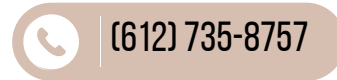
MARYHAGERTYDPT@GMAIL.COM

## CEDAR RAPIDS/CORRIDOR

### CELEBRATE. UNITE. BUILD.



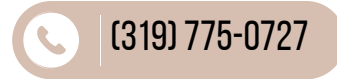
THROUGH ANNUAL EVENTS AND SUPPORT GROUPS, NFTS CELEBRATES ANGELS, UNITES FAMILIES OF LOSS, AND RAISES FUNDS TO BUILD LABOR AND DELIVERY SUITES DESIGNED SPECIFICALLY FOR FAMILIES WHO WILL NOT BE TAKING THEIR BABIES HOME.



### FINDING THE WELLNESS WITHIN



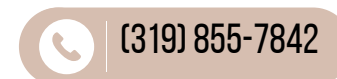
AT THE WELLNESS COLLECTIVE, WE ARE A DEDICATED TEAM OF THERAPISTS AND MENTAL HEALTH PROFESSIONALS THAT BRING UNIQUE EXPERIENCES AND MODALITIES TO HELP YOU ACHIEVE BETTER OVERALL WELLNESS.



### OUR CLIENTS ARE FINDING HOPE (NORTH LIBERTY)



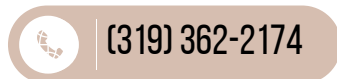
PLAY, RUN, WORK, STAND, SIT, SLEEP, EXERCISE, WALK, ENJOY SEX, DELIVER BABIES & RECOVER FROM PREGNANCY WITH LESS PAIN, BETTER POSTURE, MORE STRENGTH, FEWER BLADDER PROBLEMS, REDUCED GI DISCOMFORT & MORE CONFIDENCE TO LIVE THE SECOND HALF OF LIFE WITH MORE ENERGY & INTENTION THAN THE FIRST.



### FOUNDATION 2 CRISIS SERVICES



WE OFFER 24/7/365 MENTAL HEALTH SUPPORT. WHEN YOU NEED SOMEONE TO TALK TO, OUR TRAINED COUNSELORS CAN PROVIDE A COMPASSIONATE LISTENING EAR, HELP YOU NAVIGATE YOUR SITUATION, AND CONNECT YOU WITH ON-GOING CARE.





### PROVIDING HOPE AND FOSTERING GROWTH

WE OFFER PERINATAL AND POSTPARTUM COUNSELING, WE ALWAYS SAY THAT WE'RE GENERALISTS FIRST AND SPECIALISTS SECOND. WE CAN EXPLORE YOUR FEELINGS AND EXPERIENCES IN A SAFE, UNDERSTANDING SPACE WHILE WORKING ON A COMPREHENSIVE CARE PLAN TO SUPPORT YOUR PATH TO WELLNESS.



[WEBSITE](#)



(515) 499-4959



### REDUCE STRESS. START LIVING.

MINDFULNESS MEDITATION, WHEN PRACTICED REGULARLY, CAN LEAD TO: STRUCTURAL CHANGES IN THE BRAIN THAT CAN INCREASE MENTAL PERFORMANCE. REDUCED GENETIC AGING BECAUSE OF THE IMPACT ON GENE EXPRESSION IMPROVED COMMUNICATION SKILLS. ENHANCED IMMUNE FUNCTION



[WEBSITE](#)



ALLISONPEET@GMAIL.COM



### OUR CLIENTS ARE FINDING HOPE

PLAY, RUN, WORK, STAND, SIT, SLEEP, EXERCISE, WALK, ENJOY SEX, DELIVER BABIES & RECOVER FROM PREGNANCY WITH LESS PAIN, BETTER POSTURE, MORE STRENGTH, FEWER BLADDER PROBLEMS, REDUCED GI DISCOMFORT & MORE CONFIDENCE TO LIVE THE SECOND HALF OF LIFE WITH MORE ENERGY & INTENTION THAN THE FIRST.



[WEBSITE](#)



(515) 882-0800

### PROVIDING HOPE AND FOSTERING GROWTH



REPRODUCTIVE ENDOCRINOLOGISTS WITH UNIVERSITY OF IOWA HEALTH CARE HAVE EXTENSIVE EXPERIENCE IN FERTILITY TESTING AND TREATMENTS. WE'RE SKILLED AT PINPOINTING THE REASON YOU'RE HAVING TROUBLE GETTING PREGNANT. AND WE OFFER TREATMENTS TO HELP YOU SUCCESSFULLY CONCEIVE.



[WEBSITE](#)



(319) 356-1767

### MAKE EVERY PERSON FEEL WELCOMED, WITH OPEN ARMS.



HONEY SAGE'S VISION IS TO PROVIDE A SAFE PLACE FOR WOMEN TO BE VULNERABLE ENOUGH TO SHARE THEIR LIFE EXPERIENCES. WE WANT TO SUPPORT AND ENCOURAGE CLIENTS AS THEY TRANSFORM INTO THE PERSON THEY ASPIRE TO BE.



[WEBSITE](#)



(515) 500-5383

### FIND LONG TERM RELIEF FROM PELVIC FLOOR ISSUES



FINALLY RESOLVE YOUR PELVIC PAIN, PREGNANCY AND POSTPARTUM ISSUES OR PERIMENOPAUSE SYMPTOMS WITH EXPERT, SPECIALIZED PELVIC FLOOR THERAPISTS. WE DON'T JUST CHASE SYMPTOMS, WE FIND YOUR ROOT CAUSE TO TREAT FOR LASTING RELIEF AND A LIFETIME OF HEALTH AND WELLNESS.



[WEBSITE](#)



(515) 207-0342

### HEALING HAPPENS HERE.



THRIVE FAMILY CHIROPRACTIC STRIVES TO MAKE THE DES MOINES, IA COMMUNITY HAPPIER, HEALTHIER, AND ABLE TO ACHIEVE GOALS THAT THEY MAY NOT HAVE HAD THE STRENGTH TO DO BEFORE. WE ARE WORKING FOR A TOMORROW THAT IS NOT PLAGUED BY FEAR, SICKNESS, AND DEATH, BUT RATHER INSPIRED BY ABUNDANCE, PROSPERITY, AND FULFILLMENT.



[WEBSITE](#)



(515) 635-1161

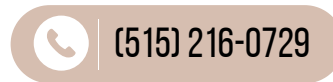
### MENTAL HEALTH SUPPORT DURING THE PERINATAL PERIOD



AT THE MEADOWLARK CLINIC, WE BELIEVE THAT EVERY INDIVIDUAL, REGARDLESS OF THEIR BACKGROUND OR IDENTITY, DESERVES ACCESS TO HIGH-QUALITY MENTAL HEALTH SERVICES. OUR TEAM OF PROVIDERS IS HANDPICKED FOR THEIR EXPERTISE, EMPATHY, AND DEDICATION TO LIVING AUTHENTICALLY.



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(515) 216-0729



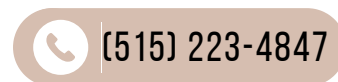
### EVERYSTEP



THAT COMMON EXPERIENCE, THE NEED FOR GRIEF TO BE WITNESSED, IS AT THE HEART OF LITTLE FOOTPRINTS: PERINATAL AND INFANT LOSS SUPPORT GROUP HELD AT EVERYSTEP GRIEF & LOSS SERVICES, HOME OF AMANDA THE PANDA.



[WEBSITE](#)



(515) 223-4847

### STRENGTH AND STILLNESS



AT STRENGTH AND STILLNESS I HOPE TO MINIMIZE THAT GAP AND PROVIDE PHYSICAL THERAPY TREATMENTS IN AN ENVIRONMENT THAT FEELS LIKE YOUR LIVING ROOM WITH A PROVIDER THAT TREATS YOU LIKE FAMILY.



[WEBSITE](#)



(515) 207-3297

### DSM + ANKENY CHIROPRACTOR PROVIDES NATURAL CARE



AT BALANCE CHIROPRACTIC & WELLNESS, WE'LL HELP YOU FIND THE HEALTHY STABILITY YOU NEED IN LIFE. WE LOOK FORWARD TO CARING FOR YOU AND YOUR FAMILY!



[WEBSITE](#)



(515) 255-5330

### EXTRAORDINARY CARE. EXTRAORDINARY RESULTS.



MID-IOWA FERTILITY IS CENTRAL IOWA'S ONLY FULL-SERVICE, STATE-OF-THE-ART FERTILITY CENTER. WE STRIVE TO PROVIDE EXTRAORDINARY FERTILITY CARE TO OUR PATIENTS, FROM MAINTAINING THE HIGHEST MEDICAL, SCIENTIFIC AND ACADEMIC STANDARDS IN OUR PRACTITIONERS, TO SUPPORTING YOU THROUGH EVERY STAGE OF YOUR JOURNEY TO PARENTHOOD.



[WEBSITE](#)



(515) 222-3060

### FINDING UNIQUENESS, AMPLIFYING VALUE, PLANTING ROOTS

**pregnantish**

PREGNANTISH IS DEDICATED TO HELPING PEOPLE DEALING WITH INFERTILITY AND FERTILITY TREATMENTS NAVIGATE THE EMOTIONAL, PERSONAL, AND PRACTICAL REALITIES OF AN OFTEN OVERWHELMING PROCESS.



[WEBSITE](#)

[@PREGNANTISH](#)

### WE BELIEVE THAT EVERYONE WHO WANTS TO BECOME A PARENT, CAN.

 ConceiveAbilities®

WHETHER YOU ARE AN INTENDED PARENT READY TO FULFILL YOUR FAMILY DESTINY, A SURROGATE ANSWERING YOUR CALLING OR AN EGG DONOR WANTING TO EXPAND WHAT'S POSSIBLE IN YOUR LIFE - WE ARE YOUR PEOPLE.



[WEBSITE](#)



[\(312\) 379-5700](tel:(312)379-5700)

### LOVE MAKES A FAMILY

  
by CooperSurgical®

DONOR EGG BANK USA STRIVES TO BE A BEACON OF HOPE FOR ANYONE WHO HAS EXPERIENCED HEART BREAK IN THE FAMILY BUILDING PROCESS. THANKFULLY, WITH THE ADVANCEMENTS IN ASSISTED REPRODUCTIVE TECHNOLOGIES, THERE ARE NOW MORE OPTIONS AVAILABLE TO HELP MEN AND WOMEN BUILD THEIR FAMILY.



[WEBSITE](#)



[\(240\) 778-6210](tel:(240)778-6210)

### WEEKLY PODCAST THAT GETS TO THE NITTY-GRITTY OF INFERTILITY

**Fertility Docs**  
*Uncensored*

THE NATION'S LEADING FERTILITY DOCTORS HAVE JOINED FORCES TO SEPARATE FERTILITY FACT FROM FICTION. IT'S THE ONLY PLACE YOU CAN HEAR FERTILITY DOCS FROM AROUND THE COUNTRY DIVING INTO THE NITTY-GRITTY OF INFERTILITY.



[WEBSITE](#)

[@FERTILITYDOCSUNCENSORED](#)



### REAL TALK. REAL FRIENDS. REAL HEALING.

THIS IS NOT YOUR AVERAGE SUPPORT GROUP - WE ARE EDUCATION FOCUSED. WE BELIEVE THAT WITH THE RIGHT RESOURCES AND INFORMATION AND BEING SURROUNDED BY THOSE WHO GET IT, HEALING CAN HAPPEN FASTER. DEPENDING ON YOUR JOURNEY, WE OFFER CLASS SERIES PROGRAMS FOR THOSE LOOKING TO LEARN AND CONNECT WITH OTHERS BY JOURNEY.



[WEBSITE](#)

[HELLO@INFERTILITYUNFILTERED.COM](mailto:HELLO@INFERTILITYUNFILTERED.COM)



### INFERTILE AF: RELATABLE, ENTERTAINING AND REAL AF

INFERTILE AF IS AN UNFILTERED PODCAST ABOUT INFERTILITY AND FAMILY BUILDING THROUGH ART (ASSISTED REPRODUCTIVE TECHNOLOGY). ALI TALKS TO PEOPLE FROM AROUND THE WORLD ABOUT THE MESSY, FRUSTRATING, PAINFUL, HEARTBREAKING, AND WILD JOURNEYS TO BUILDING THEIR FAMILIES.



[WEBSITE](#)

[INFERTILEAFSTORIES@GMAIL.COM](mailto:INFERTILEAFSTORIES@GMAIL.COM)



### TAILOR-MADE EMOTIONAL SUPPORT

INCIRCLE FERTILITY IS A BUILT-IN SUPPORT SYSTEM TO LEAN-ON, AND A RESOURCE TO HELP YOU NAVIGATE THIS DIFFICULT AND COMPLEX PROCESS. WHETHER YOU NEED HELP FINDING THE RIGHT DOCTOR OR YOU NEED A SHOULDER TO CRY ON.



[WEBSITE](#)

[HELLO@INCIRCLEFERTILITY.COM](mailto:HELLO@INCIRCLEFERTILITY.COM)



### YOUR FERTILITY COACH. HEALTHIER. HAPPIER. IVF.

MINDFUL IVF LEVERAGES THE SCIENCE OF MEDITATION TO IMPROVE YOUR FERTILITY MENTAL FITNESS, BRINGING YOUR MIND AND BODY INTO BALANCE AND HELPS YOU TO ACHIEVE A HEALTHY HAPPY IVF. IT BASICALLY MAKES YOU FEEL GOOD.



[WEBSITE](#)



[\(319\) 250-1267](tel:(319)250-1267)