

HOPEFUL MAMA FOUNDATION™
advocacy, education, & respect

PROFESSIONAL RESOURCE DIRECTORY



We were never meant to walk this road alone.

CEDAR RAPIDS/CORRIDOR



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. 100% 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.



[WEBSITE](#)



(612) 735-8757

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.



[WEBSITE](#)



(319) 775-0727

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.



[WEBSITE](#)



(319) 855-7842

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.



[WEBSITE](#)



(319) 362-2174



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



TELEHEALTH COUNSELING AND ART THERAPY FOR INFERTILITY

MINDY RUSHFORD, LCPC, LMHC, ATR AT ARTHEALS OFFERS TELEHEALTH COUNSELING AND ART THERAPY IN THE STATES OF IOWA AND ILLINOIS AND ACCEPTS MOST INSURANCES. SHE SPECIALIZES IN INFERTILITY WITH MANY YEARS OF PROFESSIONAL AND PERSONAL EXPERIENCE. THIS JOURNEY CAN FEEL ISOLATING, BUT YOU CAN FIND PEACE IN BEING TRULY UNDERSTOOD.



[WEBSITE](#)



(563) 484-0776



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.



[WEBSITE](#)



(515) 216-0729



EVERYSTEP LITTLE FOOTPRINTS



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



INCIRCLE FERTILITY



AT INCIRCLE FERTILITY WE KNOW ALL TOO WELL HOW TAXING THE INFERTILITY PROCESS CAN BE: EMOTIONALLY, FINANCIALLY, PHYSICALLY AND RELATIONALLY. TRYING TO CONCEIVE CAN TAKE OVER YOUR LIFE, LEAVING YOU DRAINED, DEPRESSED, ISOLATED AND ALONE.



[WEBSITE](#)



HELLO@INCIRCLEFERTILITY.COM

WHOLISTIC HEALTH CENTER



OUR GOAL ISN'T JUST TO HELP YOU FEEL BETTER TEMPORARILY—WE AIM TO IDENTIFY AND CORRECT IMBALANCES WITHIN THE BODY USING HIGHLY PERSONALIZED PROTOCOLS DESIGNED TO SUPPORT TRUE HEALING AND LASTING RESULTS.



[WEBSITE](#)



515-979-7800

ACCESS CHIROPRACTIC & WELLNESS



AT ACCESS CHIROPRACTIC IN ALTOONA, IA, WE SEE YOU. WE HEAR YOU. AND WE'RE HERE TO REMIND YOU: YOU'RE NOT FAILING, YOU'RE NOT BROKEN, AND YOU DON'T HAVE TO FIGURE IT ALL OUT ALONE. THIS IS A PLACE BUILT FOR MOMS AND FAMILIES.



[WEBSITE](#)



515-266-6587

INTEGRATIVE FAMILY MEDICINE



AT OUR CLINIC, WE FOCUS ON YOU, NOT JUST YOUR SYMPTOMS. OUR GOAL IS TO HELP YOU THRIVE IN BODY, BRAIN, AND SOUL. WITH AN INTEGRATIVE APPROACH, WE EMPOWER YOU TO REACH YOUR FULL POTENTIAL AND LIVE YOUR BEST LIFE.



[WEBSITE](#)



515-218-1399

DES MOINES METRO



TRUE ROOTS CHIROPRACTIC



IT IS OUR MISSION AT TRUE ROOTS CHIROPRACTIC TO RESTORE YOUR HEALTH BY ADDRESSING THE ROOT CAUSE OF CONCERNS THROUGH NEUROLOGICALLY BASED CHIROPRACTIC CARE. WE UTILIZE STATE OF THE ART TECHNOLOGY TO ASSESS YOUR BODY, IDENTIFY THE SOURCE OF THE PROBLEM AND CORRECT IT THROUGH OUR CHIROPRACTIC ADJUSTMENTS.



[WEBSITE](#)



515-612-7701

VERO HEALTH CENTER



VERO HEALTH CENTER HAS BEEN RATED THE TOP WEST DES MOINES IA MEDICAL CLINIC FOR HELPING OUR PATIENTS LIVE THE LIFE THEY DESERVE THROUGH A NATURAL, EFFECTIVE, AND STATE-OF-THE-ART APPROACH TO PAIN MANAGEMENT.



[WEBSITE](#)



515-422-9552

VIVID WELLNESS & AESTHETICS LOUNGE



AT VIVID WELLNESS AND AESTHETICS LOUNGE, WE'RE NOT JUST YOUR AVERAGE WELLNESS SPA - WE'RE A POWERHOUSE OF COMPREHENSIVE MEDICAL, WELLNESS, AND AESTHETIC SOLUTIONS DEDICATED TO UNVEILING YOUR BEST SELF, INSIDE AND OUT!



[WEBSITE](#)



515-415-1550

APTITUDE FITNESS



WHY NOT FUSE THE EXHILARATION OF A CHALLENGING WORKOUT WITH THE COMFORT OF A FRIENDLY GATHERING? THAT'S EXACTLY WHAT WE DID. THUS, APTITUDE FITNESS TOOK SHAPE. AT APTITUDE, WE STAUNCHLY BELIEVE THAT YOUR CURRENT PERFORMANCE IS NOT THE CEILING OF YOUR CAPABILITIES.



[WEBSITE](#)



515-732-5744



CAPITAL HEALTH



AT CAPITAL HEALTH, WE ARE IN PURSUIT OF YOUR BEST LIFE, USING A FUNCTIONAL APPROACH TO HEALTH. WE STRIVE TO HELP PEOPLE FEEL BETTER BY FACILITATING PAIN RELIEF, FASTER RECOVERY, IMPROVED PERFORMANCE, AND ONGOING WELLNESS.



[WEBSITE](#)



515-421-4018

IOWA HBOT



IOWA HBOT IS THE FIRST CLINIC TO OFFER OFF-LABEL HYPERBARIC TREATMENTS IN CENTRAL IOWA. AND WE ARE PROUD TO SAY WE ARE STILL THE ONLY CLINIC IN CENTRAL IOWA WITH A HARD-SIDED HYPERBARIC CHAMBER. WE OFFER TREATMENTS IN BOTH OUR SOFT-SIDED CHAMBER AND OUR HARD-SIDED CHAMBER.



[WEBSITE](#)



515-421-4002

STRONGHER PHYSICAL THERAPY AND PERFORMANCE



PELVIC FLOOR PHYSICAL THERAPY IN ANKENY, IOWA AIMED AT HELPING WOMEN IN ALL PHASES OF LIFE - PRENATAL, POSTPARTUM, OR NONE OF THE ABOVE - BUILD STRENGTH, RESILIENCE AND RETURN RUNNING, JUMPING, LAUGHING, LIFTING, PLAYING AND WORKING WITHOUT LIMITS.



[WEBSITE](#)



515-207-0332

RESTORE PHYSICAL THERAPY & PELVIC HEALTH



ACHIEVE LASTING RELIEF FOR ALL YOUR PELVIC HEALTH ISSUES, INCLUDING PELVIC PAIN, INCONTINENCE, PROLAPSE, CONSTIPATION, PREGNANCY AND POST-PARTUM ISSUES WITH A BOARD-CERTIFIED PELVIC HEALTH EXPERT.



[WEBSITE](#)



515-225-4002



CRYOWELLNESS STUDIO



AT CRYOWELLNESS STUDIO, WE TAKE A COMPREHENSIVE, HANDS-ON APPROACH TO RESTORE BALANCE, REDUCE INFLAMMATION, AND IMPROVE YOU FEEL EVERYDAY.



[WEBSITE](#)



712-250-0990

PSI POSTPARTUM SUPPORT INTERNATIONAL



POSTPARTUM SUPPORT INTERNATIONAL (PSI) IS THE WORLD'S LEADING NON-PROFIT ORGANIZATION DEDICATED TO HELPING THOSE SUFFERING FROM PERINATAL MOOD DISORDERS, THE MOST COMMON COMPLICATION OF CHILDBIRTH.



[WEBSITE](#)



800-944-4773

KIRBY NELSON, APRN OF THE CALLI INSTITUTE



OUR STRENGTHS-BASED MODEL OF WELLNESS FOCUSES ON A BALANCED APPROACH TO MENTAL HEALTH, INCLUDING PERSONAL RESPONSIBILITY AND SELF-EMPOWERMENT. KIRBY NELSON IS ALSO AVAILABLE THROUGH MEADOWLARK CLINIC.



[WEBSITE](#)



763-255-2125

UIHC COUNSELING



EVERY LIFE IS A STORY AND I AM SO APPRECIATIVE THAT MY THERAPY CLIENTS ALLOW ME TO LISTEN AND PERHAPS BE A SMALL PART OF THEIRS. I AM TOUCHED BY THE STRENGTH AND RESILIENCE OF ALL WHOM I MEET IN MY WORK HERE. - STACEY A PAWLAK



[WEBSITE](#)



319-353-6314



ONLINE RESOURCES

pregnantish

FINDING UNIQUENESS, AMPLIFYING VALUE, PLANTING ROOTS

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.



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

LOVE MAKES A FAMILY



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



WEEKLY PODCAST THAT GETS TO THE NITTY-GRITTY OF INFERTILITY

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](#)

ONLINE RESOURCES



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



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



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



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