

About:

The YWRC provides access to Mental Health Counselors to participants for one-on-one sessions and/or sessions including their partner or family. Sessions are a place to experience support and to discuss issues participants deal with in their daily lives. These voluntary and confidential services are offered for free and give participants a safe place to talk, to be listened to and **be accepted for who they are**.



Marcia Bradley

Marcia is our Art Therapist and specializes in creative counseling techniques. She provides voluntary and confidential counseling services for our girls and young women in schools and at the YWRC.

Pronouns: She/Her/Hers

Email: mbradley@ywrc.org

Who this is for:

Any persons age 10 – 24 years who have been socialized and/or identify as female. Trans and nonbinary friends are welcome.

Topics covered:

Depression, anxiety, self-esteem, anger management, empowerment, school-related issues, eating disorders, substance abuse, trauma issues, healthy relationships/family relationships, child-parent therapy, postpartum therapy

When:

All sessions are arranged by appointment, typically on Monday - Thursday.

Where:

Sessions are held at the Young Women's Resource Center (818 5th Avenue, Des Moines, IA 50309).

How to get involved:

To schedule an appointment with Marcia, or for more information, contact her at mbradley@ywrc.org or by calling our main phone at **(515) 244.4901**.