

About: The YWRC provides access to Mental Health Counselors to participants for voluntary and confidential 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
Art Therapist
Pronouns: She/Her/Hers
mbradley@ywrc.org



Tracy Limón
Counselor
Pronouns: She/Her/Hers
tlimon@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 Tracy, contact them at their emails listed above or call **(515) 244.4901.**