

COVID RECOVERY **Iowa**

We are here to **help you** rediscover wellness

Community
Personal Wellness
Employment
Fitness
Hope
Relationships
School

Personal support is accessed through connecting with us online or by phone. Support groups and public education opportunities are available in person, virtually and can be delivered in your community, business, or organization.

Everyone is eligible for **FREE**, confidential personal support, navigation to local resources, specialty groups and activities.

www.COVIDrecoveryiowa.org

Facebook, Instagram, Linked In, Twitter and You Tube: COVID Recovery Iowa
Iowa Concern 800-447-1985 • Iowa WARM Line 844-775-WARM
Spanish Line 531-800-3687

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