

## **COVID Recovery Iowa Provides FREE Resources for Iowans**

COVID Recovery Iowa is a statewide program to help Iowans recover from the devastating effects of COVID-19 and the August derecho. These services are FREE to all Iowans who have been affected in any way by these crises.

**Counseling.** Sometimes, it just helps to have someone listen. We offer FREE confidential counseling to all Iowans through several methods:

- Iowa Warm Line, 844/775-9276: connect with a peer counselor or request to be connected to a COVID Recovery Iowa counselor.
- Iowa Concern Line, 800/447-1985: provides 24/7 access to stress counselors and other resources, focusing on rural and agriculture topics, including legal issues. Language interpretation available.
- Spanish language line: 541/800-368. Answered Live in Spanish: Se responde en vivo en español.

**Zoom Support Groups for Parents, Teens and Pre-Teens.** For information or to register, contact [Chelsea.Siefken@pathwaysb.org](mailto:Chelsea.Siefken@pathwaysb.org)

**Tell Me a Story.** A different story is presented each day on our [Facebook](#) page.

**Parenting in a Pandemic.** Homework tips and a thought-provoking question of the day to ask your kids. Find us on [Facebook](#).

**Vivo en Iowa.** Resources and support for Spanish speakers. On [Facebook](#).

**30 Day Fitness Challenge.** Positive daily physical activity for middle and high school students. [Fitness Challenge](#) is on Instagram.

**My Favorite Things.** Helping pre-teens and teens focus on the positives and provide collective support to each other. Encouraging this group to submit photos of a different topic each week. [Instagram](#).