**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 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" \t "_blank)

**Tell Me a Story**. A different story is presented each day on our [Facebook](https://www.facebook.com/groups/1581970971987124" \t "_blank) page.

**Parenting in a Pandemic**. Homework tips and a thought-provoking question of the day to ask your kids. Find us on  [Facebook](https://www.facebook.com/groups/937325153412822" \t "_blank).

**Vivo en Iowa**. Resources and support for Spanish speakers. On [Facebook](https://www.facebook.com/groups/224936542192851/?should_open_composer=false" \t "_blank).

**30 Day Fitness Challenge.**Positive daily physical activity for middle and high school students. [Fitness Challenge](https://www.instagram.com/tv/CD6UzeqjIK6/?utm_source=ig_web_copy_link" \t "_blank) 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](https://www.instagram.com/p/CGU3iCUjZak/" \t "_blank).

[**Child Mind Institute**](mailto:https://childmind.org/%3Futm_source=newsletter%26utm_medium=email%26utm_content=Child%2520Mind%2520Institute%26utm_campaign=Social-Media-Weekly?subject=Child%20Mind%20Institute#https://childmind.org/?utm_source=newsletter&utm_medium=email&)great resource for numerous topics