

**Lutheran Church of Hope has compiled this list of resources to help anyone in our congregation find a Christian counselor in the Des Moines area. We refer people to counselors and counseling groups that we have met with and feel they share our mission, vision and values. This is not an extensive list – there are other viable options for counseling in our community.**

#### **Family Legacy**

At Family Legacy, we desire the end result of counseling to be personal wholeness, more fulfilling relationships and hope for a bright future.

No matter what issues you may be facing, or no matter how dark your situation may seem, we believe there is hope. We believe that you matter, and we are committed to helping you achieve the life you desire.

[familylegacycounseling.com](http://familylegacycounseling.com) | 515-727-1338

5415 NW 88th St., Suite 100, Johnston

#### **Glen Haven Counseling**

It is the goal of Glen Haven Counseling Resources to provide services in order to bring help, healing and growth to the individuals we encounter. We strive to do so in a comfortable, confidential, personable and professional environment. Glen Haven offers counseling or therapy to individuals, couples and families that are consistent with Christian values.

[glenhavencounseling.com](http://glenhavencounseling.com) | 515-225-2015

3408 Woodland Ave., Suite 102, West Des Moines

#### **New Hope Personal Growth Center**

Our mission at New Hope is to help equip all individuals, couples and families with life-enhancing and relationship-enhancing tools that empower clients with the skills needed to realize their dreams and ambitions. We believe each person is gifted with a unique set of gifts and talents. It is our commitment to partner with clients in counseling, coaching and/or consulting to help all grow (both personally and professionally) by recognizing who they are and what they are responsible for in their lives, families, organizations, communities and world.

[grownnewhope.com](http://grownnewhope.com) | 515-270-0200

2670 106th Street #180

#### **Heartland Christian Counseling**

**\*\*Accepts Medicaid/Medicare**

Providing excellence in psychological services to our community loved by God.

515-331-0303 | 866-852-4001

6200 Aurora Ave., Suite 401 E, Urbandale

#### **Dr. Tracy Miksell-Branch LISW, PhD**

A licensed clinical social worker with over 20 years of experience, I am trained and experienced in providing individual counseling, couple and family therapy with adults (18 years and over). I am experienced in working with many types of diagnoses including, but not limited to, anxiety, grief, addictions, depression and work and family issues.

[doctracyscounseling.com](http://doctracyscounseling.com) | 515-490-1921

215 SE Main St., Grimes

#### **Dr. Cora Schuhmacher, PsyD**

I believe that the mind-body-spirit connection is a strong one, and psychotherapy must be sensitive to each of these areas to facilitate healing. I've had specialized training in the integration of psychology and spirituality. I received my Masters in Christian Leadership from Fuller Seminary and believe that spiritual health and psychological health are intimately related.

[doccora.com](http://doccora.com) | 515-777-3388

1045 76th Street, Suite 3030, West Des Moines

#### **Jami Lacona, LISW**

Jami specializes in treating anxiety, grief, depression and trauma. Oftentimes we need someone objective in our lives to help us learn and grow from our mistakes or hurts. Jami offers a simple cognitive behavioral approach in learning new ways to manage stressors. How we think affects how we behave.

[jamilacona@gmail.com](mailto:jamilacona@gmail.com) | 515-421-7891

3408 Woodland Ave. Ste 210A, West Des Moines, IA 50266

#### **Faye Petersen, LISW**

Faye specializes in anxiety, depression, end of life issues and grief.

515-360-1993

3636 Westown Parkway, Suite 219, West Des Moines

#### **Karen Bauerle, LISW**

Karen specializes in anxiety and depression.

515-267-1990

3636 Westown Parkway, Suite 219, West Des Moines