



Finding solutions...

Restoring hope.

Providing mental health services for adults, teens, children, and families.

Services we offer:

- *Individual, family, marriage and couples, and group therapy*
- *Directive and non-directive play therapy*
- *Theraplay, Filial, and Sand Tray therapy*
- *Trauma informed care, treatment, & yoga*
- *Cognitive Behavioral Therapy*
- *EMDR*
- *Teletherapy, In-Person, In School setting appointments offered*
- *Animal Assisted Play Therapy®*
- *Other types of treatments*
- *Mental Health First Aid training*
- *Behavioral Health Intervention Services (BHIS)*
- *AutPlay®*
- *Continuing education training for professionals*

Our staff is specially trained and highly qualified to meet your diverse needs and to

help resolve your unique situation. Our focus is to restore hope for all who come to us for help.

*Grace C Mae Advocate Center
can help with:*

*Anxiety, depression, stress
Trauma (i.e., divorce,
separation moving abuse*

To schedule an assessment or for more
information, call:

319-361-6529

www.gracecmae.org

*Offices located in Cedar Rapids, Iowa
Falls, Marengo, Marshalltown, Newton,
and Washington*