



Refugee and Immigrant Wellness Services

Wellness of the body, mind, and relationships

You are not alone.

LSI staff can help you with life's challenges:

- Trouble sleeping
- Deep thinking
- Feeling overwhelmed
- Relationship challenges
- Problems with children
- Racing thoughts
- Strong sadness or anger
- Difficulty holding a job
- Confusion or memory loss
- Harmful thoughts or behaviors
- Over-eating or under-eating
- Health or services questions

What are Wellness Services?

Services are conversation-based. Staff help with emotional understanding, skill building, and connecting with support. All services partner with cultural advocates.

“I finally feel hopeful instead of discouraged.”

– an LSI client –

Contact Sarah.VanGorp@LSIowa.org | LSIowa.org/therapy

For English, call 515.271.7385 or 888.457.4692
For [language], call 877.558.2609 and ask for LSI Wellness Services.

**Health insurance is required for some services. Eligibility questions will be answered.*