

YOU HAVE SUPPORT

Guiding Star Cedar Valley | 1 on 1 Mentorship Support

We believe that support from a mom who has experienced a loss can be helpful as you work through the grieving process. This mentorship can be as simple as text messages checking in on you, meeting for coffee or meeting here at Guiding Star.

Guiding Star Cedar Valley | Individualized Counseling

Katie Schmitz, LMSW is a licensed therapist who works with children and adults providing body centered therapy and counseling. Katie specializes in working with women and mothers especially those who have experience miscarriage or infant loss, postpartum depression, anxiety, birth trauma and parenting struggles. Katie is EMDR certified and utilizes an integrated approach that works to encourage a greater mind-body connection drawing on both evidence-based and more traditional forms of therapy including: body-based psychotherapy, EMDR Internal Family Systems, somatic experiencing, Adlerian Play Therapy and Sand Tray Play Therapy.

Guiding Star Cedar Valley | Monthly Support Group

We provide a monthly support group that runs for five consecutive months at a time. It is a closed group, once sessions begin, to keep the community consistent, intimate and allow for participants to share their journey exclusively. This group is facilitated by Katie Schmitz, LMSW where she teaches a variety of ways to cope and process grief.

MercyOne Hospital | Healing in Hope Support Group

Meet @ 6pm on the 2nd Tuesday of each month in Room 12.
This is on 4th floor of the Women's and Outpatient Center at MercyOne
Call 319-272-8367 for any questions.

For these services please contact us at 319-232-2695.
Or email danielle@guidingstarcedarvalley.org for more information.

