
EDUCATIONAL SERVICES

Iowa Family Counseling recognizes school district needs for mental health education and supports.

We are proud to offer support with providing:

Mental Health Classroom
and Small Lessons

Student-Centered Problem Solving

MTSS Tier 1 Classroom Lessons

MTSS Tier 2 Group Lessons

Professional Development
& Workshops

Though these services provide meaningful support for students and staff, they are not considered to be therapeutic clinical mental health services.



*Supporting children
and families with
genuine,
empathetic, and
collaborative
mental healthcare
across rural Iowa*

CONTACT US

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***Iowa Family
Counseling***

**CONSULTATION, TRAINING
& EDUCATIONAL SERVICES**

*For School-Based
Counseling
Partner Schools*





Educational Support for Educators & Families

Educational Student Support

LEARNING ABOUT FEELINGS & EMOTIONS

- Recognizing, Naming and Talking About Primary and Secondary Feelings
- Talking about Feelings and Problem Solving with Sesame Streets
- Strategies and Resources for Maintaining Wellness (WRAP for Youth)
- Talking About Suicide and Mental Health with Peers and Adults

SOCIAL-EMOTIONAL SKILL- BUILDING FOR SMALL GROUPS

- Making Friends and Building Connections
- Proactive Self-Care & Stress Management
- Emotional Self-Regulation Skill-Building

INFORMATIONAL WORKSHOPS & TRAININGS

- Connections Matter: Developing healthy brains , supportive relationships, and strong communities.
- Supporting the Mental Health of our LGBTQ Students with SafeZone Training
- Using WRAPs (Wellness Recovery and Actions Plans with Students and for Ourselves

STRATEGIES FOR EMOTIONAL SUPPORT

- Recognizing Compassion Fatigue and Educator Burnout
- Using 1-2-3 Magic for Discipline as Parents and Teachers
- Strategies for Managing Anger and Frustration
- Mindfulness and Meditation for All Ages
- Grounding Practices and Techniques for Self-Regulation

Investing In Social- Emotional Education

Iowa Family Counseling Educational Services strives to provide quality, meaningful, cost-effective social-emotional educational supports for rural Iowa schools and communities.

All education services are a collaborative venture between your school(s) and our staff which includes licensed mental health therapists as well as a licensed education specialist.

RATES FOR EDUCATIONAL SERVICES

Up to 30 minutes of collaborative planning sessions between Iowa Family Counseling staff and school personnel are provided with every paid instructional hour

**Student Classroom/
Small-Group Lessons
\$40/hour**

**Professional Staff
Development Workshops
\$75/hour**

When requested, a written proposal for desired services will be provided.

