

THANK YOU NOTES

Stories of Connectional Giving

www.iaumc.org/tyn



Office of Pastoral Care and Counseling

Confidential counseling and consultation is made available to United Methodist clergy, United Methodist Church staff, other ministerial professionals, and their families in the state of Iowa through the Office of Pastoral Care and Counseling for the Iowa Conference of the United Methodist Church.

Dr. Mary L. Fraser (pictured) directs this ministry from her office in Urbandale. Appointments are also provided monthly in Iowa City and Cedar Rapids. She works with persons dealing with spiritual issues, depression, burnout, strategies for wellness, relaxation, contemplative practices, anxiety,

and family issues.

Dr. Fraser also does a variety of workshops throughout Iowa on topics related to wellness and practices of spiritual life, such as contemplation, art, music, poetry, movement, yoga, storytelling, worship, drumming, walking, and laughter.

Many of these services are available at no charge with generous contributions from local churches through conference apportionment dollars.

Additional information about the Office of Pastoral Care and Counseling can be found at www.iowaopcc.org. The website also hosts forums for sharing related ideas and resources with one another.



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