

Group Therapy + Workshops

Creating Opportunities for Education

Free
To the
community

Features:

- ✓ Various opportunities for education + ways of giving back to the community with PMAD education + workshops
- ✓ Lunch and Learns to your organization
- ✓ Group therapy curriculum both in person and via telehealth

Dietician Services

Creating a Comprehensive Roadmap

Varies
per month

Features:

- ✓ Hourly cash-pay services through a Registered Dietician
- ✓ Individualized treatment planning
- ✓ Customized nutrition plans + access to your provider.

Postpartum Planning

Digital Downloads

Free
per resource

Features:

- ✓ Free resources via our website: www.bloomwomenswellness.org
- ✓ Digital assessment tools and therapy apps
- ✓ New resources being consistently added + available

Additional Services



- ✓ Educational Classes
- ✓ Infertility Counseling
- ✓ Family Therapy
- ✓ Mood Links Support
- ✓ Adolescent + Play Therapy
- ✓ Perinatal + Postpartum Support



Insurances Accepted:

Health Partners

Cigna

Wellmark/BCBS/Anthem

Midland's Choice

contactus@bloomwomenswellness.org

 **Book Now!**

515-499-4959

(Main Line)

More Information

www.bloomwomenswellness.org
[@bloomwomenswellnessdsm](https://www.instagram.com/bloomwomenswellnessdsm)

Bloom Women's Wellness
10574 Justin Drive, Urbandale, IA 50322



Bloom Women's Wellness



Healthy Women = Healthy Communities

www.bloomwomenswellness.org

515-499-4959



About Us

Bloom Women's Wellness is a holistic mental health clinic specializing in perinatal care, hormone health, and wellness support. Our compassionate team offers **therapy, play therapy, specialized nutrition support, psychological testing, and wellness offerings—all in one trusted space.** We're here to help women feel seen, supported, and empowered at every stage.

Our Mission + Values

Empowering women to take control of their health and well-being at every stage of life. Through holistic, personalized care, we provide a safe and supportive space for women to explore their mental, hormonal, and physical health. By integrating expert care, innovative solutions, and compassionate support, we are committed to helping women understand their bodies, achieve balance, and thrive with confidence. At Bloom, we believe every woman deserves to feel informed, understood, and empowered on their wellness journey.

**Inclusion + Growth + Advocacy + Authenticity
+ Hope + Collaboration**



4 Reasons to Chose Bloom Women's Wellness



Expert Team of Licensed Providers

Our clinic boasts a diverse team of highly qualified and experienced providers who specialize in various areas of mental health.



Holistic and Client-Centered Approach

We prioritize a whole-person approach to therapy, considering all aspects of your well-being.



State-of-the-Art Treatment Techniques

We stay abreast of the latest advancements in psychological treatments and incorporate evidence-based techniques to provide you with the most effective care possible.



Welcoming and Confidential Environment

Our clinic is designed to be a safe and confidential space where you can feel comfortable exploring and addressing your mental health challenges without judgment.



Bloom Services

Individual Therapy 53-60 minute session

\$200
per session

Features:

- ✓ Up to 60 minutes of one-on-one counseling: **virtual and in person**
- ✓ Initial assessment and personalized therapy plan
- ✓ Insurance accepted

Play Therapy Therapeutic + peer support

\$200
per session

Features:

- ✓ Weekly + monthly options
- ✓ Personalized parent-only sessions within treatment
- ✓ Insurance accepted

Psych Testing Licensed Psychologist

\$250
per hour

Features:

- ✓ Initial intake, treatment plan, and testing
- ✓ Development of treatment options + a comprehensive plan
- ✓ Insurance accepted