



WHOLE-PERSON CARE

for Women in Every Season



THERAPY. TESTING. NUTRITION, WELLNESS. HEALING.

OUR SERVICES



INDIVIDUAL THERAPY

Support for anxiety, depression, trauma, motherhood transitions, infertility, grief, relationship challenges, ADHD, OCD, and life's overwhelming seasons.



PLAY THERAPY

Helping children process emotions, behavior challenges, transitions, and trauma through developmentally appropriate therapeutic support.



PSYCHOLOGICAL TESTING

Comprehensive evaluations for ADHD, diagnostic clarification, personality concerns, and deeper understanding of mental health needs.



NUTRITION SUPPORT

Custom nutrition plans and support with our in-house Registered Dietician.



WOMEN'S WELLNESS SERVICES

Mental health deserves both heart and science.

From PMS to pregnancy, postpartum to perimenopause, your mental health is connected to your hormones, nervous system, and whole body.

WE OFFER:

- 🌸 Comprehensive nutrition services
- 🌸 Individual Therapy
- 🌸 PMS, PMDD, PCOS & thyroid support
- 🌸 Perinatal + postpartum care
- 🌸 Psychological Testing
- 🌸 Integrative support for mood + hormone balance via our supplement line

Because healing doesn't have to be a maze.



Formulated with intention. Backed by care.



PHYSICIAN-FORMULATED SUPPLEMENTS DESIGNED FOR WOMEN

Our Bloom Essentials supplement line supports the root causes of stress, burnout, hormone imbalance, and nervous system dysregulation.

FEATURING:

- 🌸 Myo-Inositol Powder
- 🌸 Anxiety Support
- 🌸 Prenatal Complete
- 🌸 Serenity Support
- 🌸 Adrenal Cortex



Good things bloom here.



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