

Veterans Supporting Veterans

A Veteran Support Group Provided by UnityPoint Health – Robert Young Center

UnityPoint Health® – Robert Young Center

wants to help male and female veterans struggling with depression and anxiety by providing a weekly support group.

This on-going therapy group will help veterans manage symptoms of stress, anxiety, depression and trauma by sharing and learning from other veterans in a safe and confidential environment.

Join us to:

- Connect with others facing similar problems and decrease isolation
- Discuss issues and share different perspectives
- Learn better coping strategies and skills
- Better understand depression and anxiety
- Learn to trust
- Better handle daily challenges
- Learn that recovery is possible
- Help others through peer support
- Increase access to services

For more information, please call (309) 779-3000.

Where:

Robert Young Center –
Enrichment Center
4622 Progress Drive, Suite A
Davenport, IA 52807

When:

Fridays from 1-2:30 p.m.

How:

If you are a current client of Robert Young Center, please speak with your provider to refer you to the veteran support group.

If you are not a current client of Robert Young Center, please call (309) 779-3000 to set up a time to have an evaluation completed for referral to the group.

Cost:

All funding sources available.

unitypoint.org



UnityPoint Health
Robert Young Center