



Finding solutions...

Restoring hope.

Providing mental health services  
for adults, teens, children, and  
families.

*Services we offer:*

- *Individual, family, marriage and couples, and group therapy*
- *Directive and non-directive play therapy*
- *Theraplay, Filial, and Sand Tray therapy*
- *Trauma informed care, treatment, & yoga*
- *Cognitive Behavioral Therapy*
- *EMDR*
- *Teletherapy*
- *Animal Assisted Play Therapy®*
- *Other types of treatments*
- *Mental Health First Aid training*
- *Behavioral Health Intervention Services (BHIS)*
- *Continuing education training for professionals*

Our staff is specially trained and highly qualified to meet your diverse needs and to help resolve your unique situation. Our focus is to restore hope for all who come to us for help.

*Services offered by GCMAC can help with:*

- Anxiety, depression, stress
- Trauma (i.e. divorce, separation, moving, abuse, domestic violence, etc.), PTSD
- Compulsive or ritualistic behavior
- Temper tantrums or aggression
- Developmental delays
- School refusal behaviors, bullying or harassment
- Sexual assault, sexual abuse
- Cultural changes (moving, new family situation, etc.)
- Relationship/marital issues, parenting problems
- ADD, ADHD
- Other services, as needed

To schedule an assessment or for more information, call:

**319-361-6529**

**[www.advocatecenter.org](http://www.advocatecenter.org)**

*Offices located in Cedar Rapids, Marengo, Marshalltown, Sioux City, and Washington*