

FIFTH JUDICIAL DISTRICT OF IOWA RECOGNIZED PROGRAMS FOR MEETING CO-PARENTING & CHILDREN IN THE MIDDLE REQUIREMENTS

Updated May 2025

MercyOne- West Des Moines Medical Center

1755 59th Place
West Des Moines, IA 50266
Cownie Conference Center (Lower Level 1)
Registration:
<https://link.edgepilot.com/s/689be0a5/Kic4KfYbTEOdlaY943yTOA?u=https://www.mercyone.org/health-and-wellness/classes-events/childreninthemiddle@catholichealth.net>
***Live Webinar Course available**

Southwestern Community College

Children in the Middle
1501 W. Townline Road
Creston, IA 50801
(641) 782-1441
(Creston, Red Oak, Osceola)
adowning@swcciaowa.edu
www.swcciaowa.edu/training/adult-and-continuing-education
***Online Course available**

Des Moines Area Community College (DMACC)

Children in the Middle
(515) 964-6800
2006 South Ankeny Blvd.
Ankeny, IA 50023
Jill Whitson, Coordinator
(515) 256-4911
(515) 256-4907
jawhitson@dmacc.edu
ce.dmacctraining.com
***Online course available**

Ed Rhupert Journey Counseling and Consultation

Children in the Middle
118 Hayward, Ste. 6
Ames, IA 50014
(515) 292-9697
(515) 232-7950
www.counselingames.com

Center for Interpersonal Effectiveness

Children in the Middle
2525 N. Ankeny Blvd., Ste. 113
Ankeny, IA 50023
Jim Thorpe
(515) 289-9136
www.cie-ankeny.com/resources/childreninthemiddle@cie-ankeny.com
***Online Webinar Course available**

Parenting Solutions LLC

Children in the Middle
165 Adventureland Dr. NW (Holiday Inn Express)
Altoona, IA 50009
(877) 665-2120
www.parenting-solutions.org
***Online Webinar Course available**

Family Development Associates

Children in the Middle
P.O. Box 11231
Cedar Rapids, IA 52410
(800) 261-5097
www.family-development.org
(Polk, Jasper, Marion)

Angela Reed

Katelyn Backlin
Children in the Middle
509 N. Jefferson Way (Wells Fargo)
Indianola, IA 50125
IndianolaCIB@outlook.com
[Children in the Middle Classes](#)
***Online Webinar Course available**

Iowa State University Extension and Outreach – Co-Parenting for Resilience

<https://www.extension.iastate.edu/humansciences/coparenting>
515-294-2031
***Online and self-paced course available**
***Online course available in English & Spanish**

Boone and Story County CARES, Inc.

Children in the Middle
900 W. Mamie Eisenhower
Boone, IA 50036
(515) 433-4893
(Guthrie, Dallas, Madison)

***Online Course available**

Parenting Way, Inc.

Children in the Middle
1211 Vine Street, Ste. 2140
West Des Moines, IA 50265
(515) 255-9490
FAX: (515) 279-5163
www.info@parentingway.org

***Online Course available**

Changes

Children in the Middle
Marion County Extension Office
210 North Iowa
Knoxville, IA 50138
(515) 808-0336
changesiowa@gmail.com

Changes

Children in the Middle
County Inn and Suites
501 Trail Ridge Road
Indianola, IA 50125
(515) 808-0336
changesiowa@gmail.com

Human Dilemma Solutions, LLC

Children in the Middle
4800 Mills Civic Pkwy, Ste. 205
West Des Moines, IA 50265
(515) 778-2080
bettymond@yahoo.com
www.iowachildren.com

***Online Webinar available in English and Spanish**

Choices Therapy Services, LLC

Children in the Middle Class
3805 Lower Beaver Rd
Des Moines, IA 50310
(515) 279-0111
brenda@choicestherapyservices.org
www.choicestherapyservices.org
(Des Moines, Indianola, Creston)

***Individual class offered by licensed clinicians**

***Online Webinar Course available**

Mary L. Jankowski, MA, LMHC, LMSW

*** After the Storm program and**
Children in the Middle
7405 University Avenue, Ste. 6
Clive, IA 50325
(515) 277-1124
mjank3p@gmail.com

Or Peter Cade (515) 779-0780

pcadepeaceofmind@gmail.com

***Online Webinar Course available with Peter Cade**

Or Kristin Hocker (515) 371-9861

kristin@healingharborcounseling.com

***Online Course available with Kristin Hocker**

*** The "After the Storm" program is approved for certification and attendance by divorced parents in the Fifth Judicial District who have a custody/visitation modification or a post decree contempt regarding custody or visitation before the Court. This program is not certified as a pre-decree "Children in the Middle" program**

Parent Bridge Iowa, LLC

Between Two Homes
West Des Moines, IA
(515) 518-0654
info@parentbridgeiowa.com

***Online Webinar Course available**

Thriving Families Counseling Services Inc.

Children in the Middle

2213 Grand Ave

Des Moines, IA 50312

515-808-2900

Fax: 515-462-0504

sconner@tfcsiowa.com

*Online Webinar Course available

Online Parenting Programs

ia.onlineparentingprograms.com

*Online Course available in English & Spanish

Serenity Counseling

3829 71st St, Suite B1

Urbandale, IA 50322

(515) 954-7811

www.serenitycounselingia.com

*Online Webinar Course available

The Center for Divorce Education

Children in the Middle Class

92 Van Ness Avenue

Ashland, OR 97520

staff@divorce-education.com

877-874-1365

Standard Version <https://online.divorce-education.com/>

High Conflict Version <https://www.highconflictsolutions.com/>

*Online Course available in English & Spanish

Ethnic Minorities of Burma Advocacy and Resource Center (EMBARC)

Children in the Middle Class - Parent Navigator and
Crisis and Advocacy

4801 Franklin Ave.

Suite 1159

Des Moines, IA 50310

515-512-1881

INFO@EMBARCIOWA.ORG

<https://www.embarciowa.org/>

*Course available in Burma dialects

Compass Life Resources, LLC

Children in the Middle

222 W. Salem Ave.

Indianola, Iowa 50125

Every 2nd Tuesday of each month 5:30-8:30pm

(Additional times available)

Cost: \$40

For further information contact:

compassliferesources@yahoo.com

515-552-0675

*Course available in-person in Indianola, Iowa

ParentingChoice, Inc.

Children in the Middle - Parenting Class for Divorce,
Custody & Co-Parenting

<https://parentingchoice.com/landing/IA/>

mark@parentingchoice.net

*Online Course available

End of Tug of War in Divorce

EndtheTug.org

CITM@EndtheTug.com

712-899-4133

*Online Course Only