

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

Updated November 2023

## **MercyOne- West Des Moines Medical Center**

1755 59<sup>th</sup> 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](mailto: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@swcciowa.edu](mailto:adowning@swcciowa.edu)  
[www.swcciowa.edu/training/adult-and-continuing-education](http://www.swcciowa.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](mailto:jawhitson@dmacc.edu)  
[ce.dmacctraining.com](http://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](http://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](http://www.cie-ankeny.com/resources)  
[childreninthemiddle@cie-ankeny.com](mailto: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](http://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](http://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](mailto:IndianolaCIB@outlook.com)  
**\*Online Webinar Course available**

**Boone and Story County CARES, Inc.**

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

[www.booneandstorycountycares.org](http://www.booneandstorycountycares.org)

(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](http://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](mailto: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](mailto: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](mailto:bettymond@yahoo.com)  
[www.iowachildren.com](http://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](mailto:brenda@choicestherapyservices.org)

[www.choicestherapyservices.org](http://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](mailto:mjank3p@gmail.com)

Or Peter Cade (515) 779-0780

[pcadepeaceofmind@gmail.com](mailto:pcadepeaceofmind@gmail.com)

\*Online Webinar Course available with Peter Cade

Or Kristin Hocker (515) 371-9861

[kristin@healingharborcounseling.com](mailto: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](mailto: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](mailto:sconner@tfcsiowa.com)

\*Online Webinar Course available

**Online Parenting Programs**

[ia.onlineparentingprograms.com](http://ia.onlineparentingprograms.com)

\*Online Course available in English & Spanish

**Serenity Counseling**

3829 71<sup>st</sup> St, Suite B1  
Urbandale, IA 50322  
(515) 954-7811

[www.serenitycounselingia.com](http://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](mailto: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](mailto: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](mailto: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](mailto:mark@parentingchoice.net)

\*Online Course available