Together We Can

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** **Office Closed** 9 am -1 pm **Scheduled Individual Peer Support** 1 pm - 3 pm	**3** **In Grinnell** 729 Pearl St Group/Education 10 am - 11 am *Anxiety Group* *2 pm - 3 pm*	**4** **In Newton** 306 N 3rd Ave E Group/Education 10 am - 11 am **Scheduled Individual Peer Support** 1 pm - 3 pm	**5** **Office Closed** 9 am -1 pm **Walk-in Peer Support** 1 pm - 3 pm	**6** **Closed**	**7**
8	**9** **Office Closed** 9 am -1 pm **Scheduled Individual Peer Support** 1 pm - 3 pm	**10** **In Grinnell** 729 Pearl St Group/Education 10 am - 11 am *Bipolar Group* *2 pm - 3 pm*	**11** **In Newton** 306 N 3rd Ave E Group/Education 10 am - 11 am **Scheduled Individual Peer Support** 1 pm - 3 pm	**12** **"Let's Talk About Fear of Failure"** 1 pm - 2 pm *Grief Support Group - ZOOM* *6 pm - 8 pm*	**13** **In Tama** 413 McClellan St Group/Education /Support 10 am - 2 pm	**14**
15	**16** **Office Closed** 9 am -1 pm **Scheduled Individual Peer Support** 1 pm - 3 pm	**17** **In Grinnell** 729 Pearl St Group/Education 10 am - 11 am *Anxiety Class* *2 pm - 3 pm*	**18** **In Newton** 306 N 3rd Ave E Group/Education 10 am - 11 am **Scheduled Individual Peer Support** 1 pm - 3 pm	**19** **Walk-in Peer Support** 9 am - 12 pm **Scheduled Individual Peer Support** 1 pm - 3 pm	**20** **In Tama** 413 McClellan St Group/Education /Support 10 am - 2 pm	**21**
22	**23** **Office Closed** 9 am -1 pm **Scheduled Individual Peer Support** 1 pm - 3 pm	**24** **In Grinnell** 729 Pearl St Group/Education 10 am - 11 am *Anger Class* *2 pm - 3 pm*	**25** **In Newton** 306 N 3rd Ave E Group/Education 10 am - 11 am **Scheduled Individual Peer Support** 1 pm - 3 pm	**26** **Walk-in Peer Support** 9 am - 12 pm **Living with Mental Illness Class** 2 pm - 3 pm	**27** **In Tama** 413 McClellan St Group/Education /Support 10 am - 2 pm	**28** What did the French groundhog see on February 2nd?

For more information, contact: Becky at 515-391-3233 or
Deb at 641-750-3292
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Email: twc50158@gmail.com Facebook.com/TWCSupport
Web: https://twcpeersupport.com

Call or text the **988** Suicide & Crisis Lifeline for 24/7 emotional support.

Call or text the Warm Line - **844-775-9276** for 24/7 emotional support.