

TOGETHER WE CAN

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
How does NASA organize a party?				1 	2 Closed	3 
4 	5 Office Closed 9 am - 1 pm Scheduled Individual Peer Support 1 pm - 3 pm	6 In Grinnell 729 Pearl St Group/Education 10 am - 11 am Bipolar Group 2 pm - 3 pm	7 In Newton 306 N 3 rd Ave E Group/Education 10 am - 11 am Scheduled Individual Peer Support 1 pm - 3 pm	8 “Let’s Talk About Fear of Failure” 1 pm - 2 pm Grief Support Group 6 pm - 8 pm	9 In Tama 413 McClellan St Group/Education /Support 10 am - 2 pm	10
11	12 Office Closed 9 am - 1 pm Scheduled Individual Peer Support 1 pm - 3 pm	13 729 Pearl St Group/Education 10 am - 11 am Anxiety Class 2 pm - 3 pm	14 In Newton 306 N 3 rd Ave E Group/Education 10 am - 11 am Scheduled Individual Peer Support 1 pm - 3 pm	15 Walk-in Peer Support 9 am - 12 pm Office Closed 1 pm - 3 pm	16 In Tama 413 McClellan St Group/Education /Support 10 am - 2 pm	17 
18 	19 Office Closed 9 am - 1 pm Scheduled Individual Peer Support 1 pm - 3 pm	20 In Grinnell 729 Pearl St Group/Education 10 am - 11 am Anger Class 2 pm - 3 pm	21 In Newton 306 N 3 rd Ave E Group/Education 10 am - 11 am Scheduled Individual Peer Support 1 pm - 3 pm	22 Living with Mental Illness Class 2 pm - 3 pm	23 In Tama 413 McClellan St Group/Education /Support 10 am - 2 pm	24
25	26 Office Closed 9 am - 1 pm Scheduled Individual Peer Support 1 pm - 3 pm	27 In Grinnell 729 Pearl St Group/Education 10 am - 11 am	28 In Newton 306 N 3 rd Ave E Group/Education 10 am - 11 am Scheduled Individual Peer Support 1 pm - 3 pm	29 Walk-in Peer Support 9 am - 12 pm Scheduled Individual Peer Support 1 pm - 3 pm	30 Closed	31 

For more information, contact: **Becky at 515-391-3233 or**

Deb at 641-750-3292

8 W Church St. Marshalltown, Ia 50158

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.