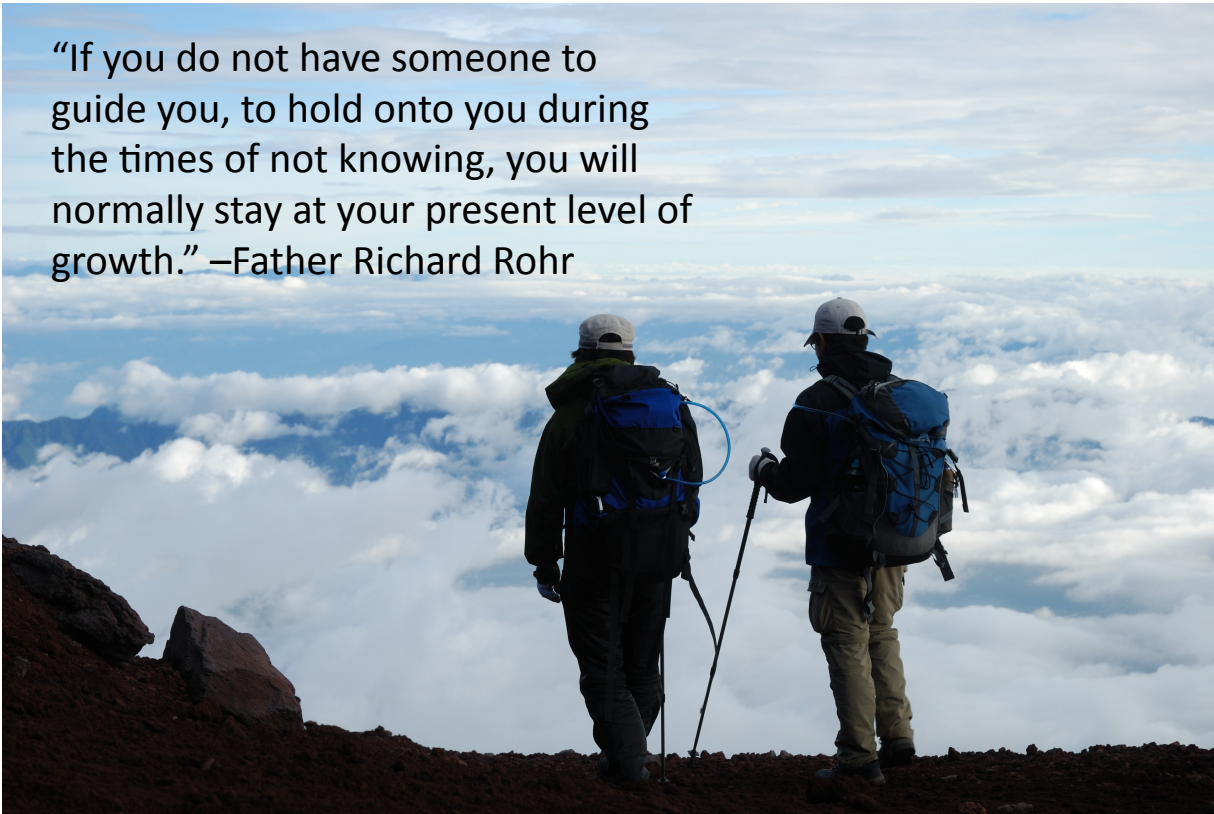




MIND & SPIRIT COUNSELING CENTER

Spiritual Direction at Mind & Spirit Counseling Center

“If you do not have someone to guide you, to hold onto you during the times of not knowing, you will normally stay at your present level of growth.” –Father Richard Rohr



**Every day you are dedicated to nurturing others.
Who is dedicated to you?**

Our trained spiritual directors are skilled confidential partners who journey with people through the process of becoming and growing in relationship with their authentic selves, others, creation, and the Divine.

For more information contact **Chris Waddle, Director of Leadership and Spiritual Life** [515-868-7172](tel:515-868-7172) cwaddle@mindspiritcenter.org.