

Mission

The mission of the Triumph Recovery Center is to empower peers and help them improve their own quality of life through education, advocacy and support. To fight the stigma of mental illness through community outreach and involvement to maintain mental health stability through peer support.

- * Movies
- * Excursions
- * Potlucks
- * Volunteering
- * Socialize
- * Games
- * Crafts
- * Computers
- * Peer Advocacy
- * Education

Mid-Iowa Triumph Recovery Center

**Monday - Friday:
10:00 AM - 5:00 PM**

**1st & 3rd Saturday
& Most Holidays:
12:00 - 3:00 PM**

**204 E Linn Street
Suite A
P.O. Box 1774
Marshalltown, IA 50158**

**Our staff of State Certified
Peer Support Specialists
assist with maintaining
mental health, including
substance abuse stability.**

**Phone:
641-751-7656**

**Fax:
641-750-9041**

**Email:
mitrc5015864@gmail.com**

Mid-Iowa Triumph Recovery Center Inc.



**Come see us at the
Triumph Center
and we'll open
your eyes to
Mental Health
Recovery and Hope**

**Executive Director ~
Sharon E. Swope**

Learn To Spread Your Wings



Recovery Center Benefits:

- Warming/Cooling Place
- Decreased Social Isolation
- Building/Rebuilding Social Skills
- Improve Self-Esteem
- Learn Leadership Skills
- Learn To Live Collectively
In The Community
- Learn Coping Skills
- Give Peers The Opportunity
To Take Control Of Their
Lives
- Decrease Hospitalizations
- Learn About Their Illness
- Provide Central Location
For Resource Information
- And Many More

Goals

- Have peers & qualified Individuals lead social, educational and recreational activities.
- Have peer staff resources available to educate and assist with their mental illness, including referrals.
- Assist peers with the transition from hospital to home & social atmospheres.
- To continually help peers with their recovery & transitions.

**24 Hour
Central Iowa
Mobile Crisis Line
988**



Marshalltown Area United Way

What We Are

We are a peer-run drop in center*, for anyone 18 and older, who are or has been dealing with mental/emotional issues from Marshall County.

It is a safe place for peers to work on their mental recovery, and improve their quality of life, group support, education, recreational activities and peer networking.

Learn To Spread Your Wings!



“The Only Thing More Exhausting Than Having A Mental Illness, Is Pretending Like You Don’t”