



Community Resource Booklet

grief support for all ages

Current Booklet also available Online at:
www.HamiltonsFuneralHome.com

June 2026

Community Resource Booklet

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HAMILTON'S ACADEMY OF GRIEF & LOSS

3601 Westown Parkway • West Des Moines, Iowa 50266 • (515) 697-3666

HFHAcademy@HamiltonsFuneralHome.com

www.HamiltonsFuneralHome.com

The Academy offers to our community...

- Grief Information and Resources
- Grief-Related Education
- Grief Support Services

GRIEF INFORMATION AND RESOURCES

Grief Care Packet. A personally tailored packet of resources and support information for those grieving a death.

Kim Peterson Memorial Grief Lending Library. Our lending library houses an extensive collection of grief-related books and materials, for all ages. Located at Hamilton's on Westown Parkway.

Printable Resources. The *Academy* offers a wide variety of printable grief resources for all ages. These are available on our website: www.HamiltonsFuneralHome.com/academy-of-grief-and-loss/grief-loss-resources

GRIEF-RELATED EDUCATION

Presentations, Seminars and Short Courses. The *Academy* is actively involved in giving presentations, seminars and short courses throughout the community, regarding death and grief. Such topics might include:

Understanding Grief
Children & Teen Grief
Coping with Grief...and more!

These presentations are catered to the audience and may be given for staff in-services, church groups or other organizations, or as part of the classroom curriculum for students of any age.

Tours. The *Academy* provides tours at any of our funeral home and crematory facilities upon request.

GRIEF SUPPORT SERVICES

Grief Support Services for Children.

- The *Academy* offers two short-term grief programs for children.

Little Hands for ages 4 to 7 years old
Healing Hearts for ages 8 to 12 years old

Programs are offered at no cost and open to any child(ren) grieving a death loss in the community. PRE-REGISTRATION IS REQUIRED. More information on these programs is under the listing in **Children & Teens**.

- **First Viewing Support** is available to families who wish to have a support person present for their child(ren) when viewing their loved one's body for the first time at the funeral home. During this time, we will talk about what the word "death" means, what they will see, and answer questions they have. This can be scheduled by contacting your Hamilton's funeral director. Guidance on the process is also available for those utilizing other funeral homes.

Academy Grief Support Services, continued...

“Coping With Grief” Symposium. Offered in June and November. During our time together, guests who have experienced a death learn and discover practical ways to cope with grief. Representatives from community grief support organizations, which are listed in this booklet, are also available to offer information about the services they provide. This is open to the public and no cost to attend. To receive an invite, contact the *Academy*.

Debriefing Services. The *Academy* staff is available for those who have experienced grief-related crisis or trauma, whether it is personal, in a workplace or school setting.

Hamilton’s Pet Loss Support Group. The *Academy* offers a grief support group for adults who have lost a beloved pet. This is a space where your grief can be shared and validated by others who understand. For more information, please see the listing under **Support Groups**.

GRIEF SUPPORT IN SCHOOLS

Grief Support Groups. The *Academy* offers school grief support groups for students in area schools, providing students who have experienced a death an opportunity to connect with their peers as they learn to cope with grief together at school. The 6-week curriculum aims to help children and teens understand and normalize their own grief experiences and provide tools for coping. This service is offered at no cost to the school.

Grief Response after a Death. The *Academy* offers support for schools when a death occurs in the school community. The *Academy* can provide resources as well as facilitate grief support in a group setting to students and staff alike. This service is offered at no cost to the school.

Professional Training. The *Academy* offers training to school staff for any grade level. Trainings will equip school staff to better assist children and teens that are grieving, providing education centered on developmental considerations and practical suggestions for supporting children and teens in their grief. Professional Training subject to an hourly rate. For more information, contact the *Academy*.

OTHER SERVICES

Miscarriage Memorial Program. Hamilton’s assists area hospitals in the cremation of babies who have been miscarried prior to 20 weeks gestation. To honor these babies, twice a year a memorial service is held and approximately every 5 years a burial of the cremated remains occurs. For more information, contact the *Academy*.

For more information about Hamilton’s Academy of Grief & Loss,
www.HamiltonsFuneralHome.com/academy-of-grief-and-loss

Follow us on social media!

On Facebook: Hamilton’s Academy of Grief and Loss

On Instagram: HFHAcademy

GENERAL SERVICES

ALZHEIMER'S ASSOCIATION

Support groups, resources, and education available to help professionals and families who have a relative with dementia or Alzheimer's. Safe Return Program, a national registry for persons with dementia who wander off by themselves. A speaker is available for your group or organization. 24-hour toll-free help-line. www.alz.org/iowa

Information (800) 272-3900

CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore "why me?" and other aspects of coping and to assist them to develop healthy grieving strategies. www.careinitiativeshospice.org

Contact: (515) 223-3813

COMPASSUS

Provides compassionate and supportive hospice care to fit each patient and family's unique needs. Our motto "Care for Who I am" drives our compassionate care and experienced team, providing individualized physical, emotional, and spiritual care and bereavement support. Compassus has a large footprint in eastern Iowa for over 15 years, and our recent expansion to Central Iowa allows us to provide unique care for each person. www.compassus.com

Contact: (515) 304-4634

EVERYSTEP GRIEF AND LOSS SERVICES

A non-profit health care and social services organization which provides a wide range of free grief and loss services for individuals and families of all ages, including: Amanda the Panda's peer-to-peer support groups, an 8-week educational support group, dinners, memorial gatherings, family nights, and mailed resources. Events and support groups are hosted at EveryStep Hospice locations in eight Iowa communities and at the EveryStep Grief & Loss Services office (home of Amanda the Panda) in West Des Moines, Iowa. www.everystep.org

Contact: griefandloss@everystep.org (515) 333-5810
Amanda the Panda..... (515) 223-4847

HAMILTON'S ACADEMY OF GRIEF & LOSS

A division of Hamilton's Funeral Home, the Academy offers to the community...

- **Grief Information and Resources** - including grief care packets, lending library, and printable handouts.
- **Grief-Related Education** - including presentations, seminars, short courses, and tours.
- **Grief Support Services** - including our two children's grief programs, Pet Loss Support Group, and more.
- **Grief Support in Schools** - including grief support groups, grief responses, and professional trainings.

For more information, see pages 1 & 2 or visit: www.HamiltonsFuneralHome.com/academy-of-grief-and-loss

Contact: HFHAcademy@HamiltonsFuneralHome.com..... (515) 697-3666

HAMILTON'S FUNERAL/MEMORIAL ADVANCED PLANNING

A division of Hamilton's Funeral Home. The Advanced Planning Division offers individuals and families the opportunity to make funeral arrangements and decisions, before the need arises. Advanced Planning eases stress on family members at the time of death and also gives individuals a chance to express their desires for their own service arrangements. Funding options are available for those that wish to prepay and guarantee their arrangements. www.HamiltonsFuneralHome.com.

Contacts: Scott Eriksen, Division Director (515) 697-3670
Robert Christensen..... (515) 697-3671
Dave Cortner (515) 697-3669
Sarah Masteller..... (515) 697-3679

HEALTHY BIRTH DAY

Dedicated to the prevention of stillbirth and infant death through education, advocacy and support. www.healthybirthday.org and www.countthekicks.org

Contact: Kimberly Isburg..... (515) 650-8685

General Services, continued...

HOSPICE OF THE MIDWEST

Offers individual and group support to those grieving the loss of loved ones. Grief is a long and often challenging journey, and we believe that engaging with others can be helpful in honoring the grief and loss you are experiencing. Individuals with grief support needs can contact Hospice of the Midwest to inquire about individual support or to receive more information.

Contact: Jenn Pedersen (jenn.pedersen@hospiceofthemidwest.com) (515) 218-2143

IMPERFECT PATHWAYS

Offers compassionate coaching support for all stages of loss and aging. We provide guidance for individuals anticipating loss due to terminal illness or aging loved ones, as well as comprehensive grief coaching after a death. Our specialization includes support for traumatic loss. We also provide coaching for individuals navigating the aging process and caregivers, in addition to other coaching services such as ADHD, women’s issues, and life transitions, as well as crisis intervention and prevention services and professional training in areas like emotional intelligence and resilience. Please visit www.imperfectpathways.com for more information or to book your free initial consultation.

Contact: Jane Nady (imperfectpathways@gmail.com) (515) 414-2306

IOWA DONOR NETWORK (IDN)

Dedicated to serving the unique needs of organ and tissue donor families. Post-donation services are designed to empower donor families as they reorganize their lives following their loved one’s death and gift of donation. Services available include in-person grief support group, access to virtual support groups, grief resources and materials, invitations to donor family events and activities, updates as to how their loved one’s gift positively impacted others, and the opportunity to correspond with their loved one’s recipient. Main Office: 550 Madison Avenue, North Liberty. Regional Office: 320 Adventureland Drive NW, Altoona, Iowa. www.iowadonornetwork.org

Contact: Donor Family Care (855) 431-9844

MERCYONE DES MOINES HOSPICE BEREAVEMENT SERVICES

We believe grief occurs as a normal, healthy response to a death that should be expressed and shared. We offer a variety of grief support services designed to assist people on their grief journey. www.mercyonehomecarehospice.org

Contact: Autumn Hawver (641) 428-6208

MINDSPRING

Offers one-hour webinars on mental illness diagnoses, self-care, crisis communication, and supporting loved ones. Webinars are held every Tuesday, Wednesday, and Thursday from 12:00-1:00 p.m. These events are free to attend and everyone is welcome. For more information and other services offered: www.mindspringhealth.org

Information: info@mindspringhealth.org (515) 850-1467

NAMI IOWA

An organization of families, friends and individuals whose lives have been affected by mental illness. Together, we advocate for better lives for those individuals who have a mental illness. www.namiiowa.org

Information: info@namiiowa.org (515) 254-0417

RESOLVE: THE NATIONAL INFERTILITY ASSOCIATION

Our peer-led support groups are informal opportunities for women and men experiencing infertility to connect with one another, to discuss their situations, and to receive support from others who have had similar experiences or are struggling with similar issues. Virtual support available. Group moderations are volunteers who are not mental health professionals. For more information, including meeting times: www.resolve.org

Contact: resolvecentraliowa@gmail.com



General Services, continued...

UNITYPOINT HOSPICE BEREAVEMENT SERVICES

Walks alongside you as you experience loss following the death of a loved one. Grief is not about getting over the people we love; it is about the process of adjusting to the significant changes from their death. We provide space for you to talk about your loved one and discuss ways to address your grief needs. UnityPoint Hospice Bereavement Services offers educational classes, support groups, one-on-one counseling, telephone calls, exclusive workshops, memorial services, and numerous grief resources to support you and your family.

Contact: Anne Alesch (anne.alesch@unitypoint.org)..... (515) 782-6149

VOICES TO BE HEARD

A support group for families and children of an incarcerated loved one. The group gathers to support and comfort those who know too well the grief that comes to those left behind when someone they love is incarcerated.

Contact: Melissa (melissa.gradischnig@gmail.com)..... (515) 229-2645

WESLEYLIFE HOSPICE BEREAVEMENT SERVICES

Individual and small group grief support for those experiencing grief. Presentations on grief-related topics such as “How to Help a Friend who is in Hospice”, “Healing Personal Loss”, and “Coping with Grief during the Holidays”. We also offer “We Honor Veterans Level 4 Participant” in which Hospice patients are recognized for their sacrifices for our country. Volunteer programs for kind-hearted people who wish to visit Hospice patients or assist with programs. Training provided.

Contact: Bereavement Support..... (515) 271-6777

GRIEF COUNSELING

CENTER FOR LIFE COUNSELING

Catholic Charities Counseling Program provides the insight and support needed to manage life problems in a more productive way. Our licensed, professional therapists work with clients of all backgrounds to address issues including depression, anxiety, stress, marital issues, relationship problems, child behavior problems, trauma, abuse, and more. Services available in Des Moines, Ankeny and Council Bluffs. 601 Grand Avenue, Des Moines, Iowa. www.CatholicCharitiesDM.org

Information: (515) 244-3761

CHILDREN & FAMILIES OF IOWA

Strengthening Families & Restoring Futures. Licensed clinicians that are caring and compassionate to assist families in healing through grief & loss and other life situations/events. Therapists that specialize in healing from trauma, depression, anxiety disorders, low self-esteem, behavioral problems, and relationship issues. Non-profit organization that provides counseling on a sliding scale/ability to pay basis for children, adolescents, adults, couples and families. Evening hours available. 1111 University Avenue, Des Moines, Iowa. www.cfiova.org

Contact: (515) 697-7978

MIND & SPIRIT COUNSELING CENTER

Offering Hope and Healing through Counseling. The Center's 30 licensed therapists provide counseling for grief and loss, anxiety, depression, stress, trauma, relationship problems, parent-child issues, eating disorders, perinatal issues and spiritual concerns. Our compassionate counselors take a mind-body-spirit approach to helping adults, adolescents and children, couples and families to heal emotionally and live more fully. The Center is an independent non-profit organization providing counseling through insurance and on an ability-to-pay basis. Office located at 8553 Urbandale Avenue, Urbandale, Iowa. www.mindspiritcenter.org

Information: info@mindspiritcenter.org (515) 274-4006

POLK COUNTY CRISIS AND ADVOCACY SERVICES (PCCAS)

Provides crisis intervention and on-going supportive services to victims regardless of law enforcement involvement or length of time since the assault or abuse. These services include: 24-hour response services, connection to crime victim compensation programs, public education, support groups and age appropriate education in the school system, community debriefing, counseling sessions, support groups, and referrals to appropriate community services.

Information (515) 286-3600

SAGENT BEHAVIORAL HEALTH

Formerly LifeWorks - *Inspired by Greg Gaul.* Offers a client-driven, client-centered approach that personalizes your services to meet your individual needs, honoring the individual differences. Provides many options for therapy, including therapists who specialize in EMDR Therapy, Play Therapy and Art Therapy, in the areas of grief and loss, trauma and more. Accepts most insurances and private pay available. Has office locations in Ankeny, Des Moines and West Des Moines as well as Cedar Rapids, Iowa City and North Liberty. www.sagentbh.com/our-locations/iowa

Information (866) 671-1115

SUPPORT GROUPS

EVERYSTEP GRIEF AND LOSS SERVICES

- **Amanda the Panda** - Braving Grief Support Groups. Children, individuals and families - kindergarten through adulthood - meets throughout the year led by trained facilitators. Groups include: Grief in Common, Traumatic Loss, and Little Footprints. Participants meet in age-appropriate groups for discussion and activities geared toward peer support and grief education. Each activity helps participants learn healthy coping skills, and create rituals to honor their loved ones. For more information, email: griefandloss@everystep.org or call: (515) 223-4847
- **Touching Our Grief** - Monthly educational grief and support group for adults.
- **Understanding Your Grief** - An 8-week grief educational support group.
- **When Your Soulmate Dies** - A 10-week book discussion group for those who have lost a spouse or partner.

For more information: www.everystep.org

Contact: Bereavement Counselor (griefandloss@everystep.org).....(515) 333-5810

GRIEFSHARE

A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences, the loss of a loved one. GriefShare is an informal, non-threatening small group setting where you can be supported during your grief journey. You may start the group at any time during the 13-week session. Many area churches offer the GriefShare program. To learn where groups are being held, www.griefshare.org.

Information: info@griefshare.org.....(800) 395-5755

HAMILTON'S PET LOSS SUPPORT GROUP

This is a grief support group for adults who have lost a beloved pet. This is a space where your grief can be shared and validated by others who understand. We also host special events for National Pet Memorial Day in September and Coping with Pet Loss around the holidays. There is no charge for this group and meets on Zoom.

Contact: HFHAcademy@HamiltonsFuneralHome.com.....(515) 697-3666

HOSPICE OF THE MIDWEST

Offers individual and group support to those grieving the loss of loved ones. Grief is a long and often challenging journey, and we believe that engaging with others can be helpful in honoring the grief and loss you are experiencing. Individuals with grief support needs can contact Hospice of the Midwest to inquire about individual support or to receive more information.

- **Spring and fall grief book clubs** - held in various locations around the Metro.
- **Monthly spousal loss support group** - held in Des Moines.
- **Caregiver Support Groups** - held in Urbandale & Clive.
- **Life After Loss Support Groups** - held in West Des Moines & Clive.

Contact: Jenn Pedersen (jenn.pedersen@hospiceofthemidwest.com)(515) 218-2143

SUNCREST HOSPICE

Grief is complicated process that no one should have to walk through alone. Suncrest provides a safe and supportive place to ask all your questions. Each group is 6 sessions, held on Tuesdays from 3:00-4:00 p.m. and held multiple times a year.

- The metro group is held at the Suncrest Office in West Des Moines, 5959 Village View Drive.
- The north group is held at the Suncrest Office in Ames, 103 E. 6th Street, Suite 201.

Contact:(515) 327-6026

UNITYPOINT HOSPICE BEREAVEMENT SERVICES

- **Creative Collective** - Engaging in crafts gives people a sense of empowerment in light of the powerlessness caused by grief. Bring a creative project and connect with others who are grieving their loved ones. You can color, journal, sew, knit—anything goes. Meets the third Friday of the month at 10:00 a.m. at Gloria Dei Lutheran Church (8301 NW Aurora Avenue, Urbandale, Iowa).
- **Creative Collective - Special Edition!** - Four times a year, our monthly “Creative Collective” group will host a special edition class during the regularly scheduled meeting time. Participants will be invited to learn a new skill or craft with all materials and instructions provided. Call or email us for details on the next session or to join our event email list.
- **Grieving the Loss of a Spouse/Partner** - Grief support group for individuals that have experienced the death of a spouse or partner. Meets the first Monday of the month at 10:00 a.m. at Lutheran Hospital in Conference Room 1, 700 E. University Avenue, Des Moines, Iowa.
- **The Journey Through Grief** - This six-session educational group is open to all types of losses. We host this series on a rolling basis three times throughout the year at diverse locations in the metro. Please call or e-mail us to find out the details about the next series!
- **Monthly Workshops** - These one-time special events are designed to help you process your grief with a more tactile medium. Examples include fishing, pottery, memorial services, cooking for one, writing, and more! You can join us for one workshop or several; they differ in terms of type, length, and schedule.
- **No One ROAMS Alone (Restorative Outdoor Activity and Movement Support Group)** - Walk with us around the loop at Gray’s Lake, or enjoy nature while sitting at one of the picnic areas. Meets between the months of May through October the second Friday of the month at 10:00 a.m. at the NW parking lot of Gray’s Lake Park.
- **Quarterly Grief Round Table** - Grief counselors present various topics and questions that are commonly asked on the grief journey. Participants can learn about a new topic, discuss their experiences with their peers, and enjoy complimentary coffee and pastries. Registration is required. Call or email us for details on the next session or to join our event email list.

For more information, or to make reservations for any of the programs listed above, please call or e-mail:

Contact: Anne Alesch (anne.alesch@unitypoint.org).....(515) 782-6149

WESLEYLIFE HOSPICE BEREAVEMENT SERVICES

We have ongoing small group support for those experiencing grief as a result of death and other losses. We also offer “We Honor Veterans Level 4 Participant” in which Hospice patients are recognized for their sacrifices for our country. Volunteer programs for kind-hearted people who wish to visit Hospice patients or assist with programs.

Living with Loss Groups -

- **Johnston** - Every other Monday, 11:00 a.m. – 12:00 p.m. at Brio of Johnston, 6901 Peckham Street.
- **West Des Moines** - The third Monday of the month, 1:00-2:00 p.m. at Edgewater WesleyLife Community, 9225 Cascade Avenue.
- **Des Moines** - The second Thursday of the month, 10:00-11:00 a.m. at Wesley on Grand, 3520 Grand Ave.
- **Newton** - The last Thursday of the month from 2:00-3:00 p.m. at Park Centre Community, 500 1st St. N.

Contact: Elaine Jones(515) 271-6777

DEATH OF A CHILD

AWAKENING GRACE FOUNDATION

Our mission in the Des Moines metro area is to walk alongside families who have experienced the devastating loss of a child during pregnancy or infancy. We focus on providing tangible resources and emotional support to help families “grieve bravely, heal gently, and remember boldly.” Our support for the Des Moines community includes: Care Packages, Burial Garments, Miscarriage Kits, Financial Assistance, Bereavement Doulas, Bereavement Photography, and other resources as needed. Families can self-refer or be referred by a friend, family member, or other community provider. Website: www.awakeninggracefoundation.org; Email: awakeninggracefoundation@gmail.com

Contact: Kailey.....(515) 689-3409

BLANK CHILDREN’S PERINATAL/PEDIATRIC PALLIATIVE CARE SHINE PROGRAM

The SHINE program is an interdisciplinary team that offers an additional layer of support for pregnant mothers, children and families. Palliative care can be provided at any stage of a serious illness and alongside curative treatment plans. The focus is on children and families living with life-limiting or complex chronic illnesses and maximizing their quality of life. www.unitypoint.org/locations/unitypoint-health--blank-childrens-hospital/pediatric-palliative-care

Information:(515) 241-8900

THE COMPASSIONATE FRIENDS, Central Iowa Chapter

Peer support organization for bereaved families after the death of a child of any age. Support from other parents who have also had a child die at any age, provide the opportunity to talk to someone who’s “been there”. Lending library and newsletter available. Sibling and grandparent support also. The group has two meetings per month.

- **West Des Moines** - meets the first Tuesday of each month at 7:00 p.m. at Hamilton’s on Westown Parkway, 3601 Westown Parkway.
- **Pella** - meets the second Tuesday of the month at Garden Chapel Funeral Home, 1301 Main Street.

Chapter website: www.tcfdsm.org; National Website: www.thecompassionatefriends.org; Chapter email: tcfdsm@gmail.com

Contacts: Lucy Suvalsky or Nicci Dean(515) 635-1678

EMPTY ARMS - part of The Compassionate Friends

Support group for parents who have experienced miscarriage, stillbirth, or infant death. Meets, along with Compassionate Friends, the first Tuesday of each month at 7:00 p.m. at Hamilton’s on Westown Parkway, 3601 Westown Parkway, West Des Moines, Iowa. Discussion group is led by other parents who have also experienced miscarriage, stillbirth or infant death. Lending library & newsletter available.

Contact: tcfdsm@gmail.com

EVERYSTEP GRIEF AND LOSS SERVICES

Little Footprints is part of the Amanda the Panda program. This group provides a safe space to help bring together individuals that have experienced perinatal and infant loss. Trained facilitators guide the discussion while allowing participants to connect and share their stories.

Contact: griefandloss@everystep.org..... (515) 223-4847

THE FLETCHER FOUNDATION

Founded by Matt and Haley Phillips after the loss of their son Fletcher in 2017, is a 501(c)3 nonprofit with a desire to walk along families after miscarriage or stillbirth. They are located in Ankeny, Iowa, but serve families nationwide. They provide hope and support for families after a miscarriage or stillbirth, as well as funds set aside to assist in paying hospital bills tied to the family’s loss. Connect via Facebook: www.facebook.com/theFletcherFoundation, on Instagram: [the_fletcher_foundation](https://www.instagram.com/the_fletcher_foundation), or the website: www.theFletcherFoundation.org

Information: connect@theFletcherFoundation.org(515) 446-8340

IOWA SIDS FOUNDATION

A statewide non-profit health organization dedicated to providing emotional support to SIDS and SUID families, educating professionals and the general public about SIDS and funding medical research into the causes of SIDS. The Iowa SIDS Foundation offers a virtual support group that meets on a as requested basis. To request a meeting or find out more, contact Casey. www.iowasids.org. 2963 100th Street, Suite 2, Urbandale, Iowa 50322.

Contact: Casey Manser (casey@iowasids.org).....(515) 965-7655

MERCYONE PERINATAL BEREAVEMENT SUPPORT & HOSPICE

- **Perinatal Bereavement Support** - is the comprehensive support of parents experiencing the death of their infant through miscarriage or a baby that is born still or dies after birth. This support involves a multidisciplinary team approach with follow up offered. Patients and their families are invited to two special events: Walk to Remember in October, and a World Wide Candle Lighting (with The Compassionate Friends) in December to honor their baby.
- **Perinatal Hospice** - A program developed to provide families support when an inevitable perinatal death is anticipated. A multidisciplinary team (with your own obstetrician included) is utilized to provide support for your needs, help you explore the options available to you and your precious baby’s special considerations. The team begins with Obstetrician, Perinatologist, Obstetric Nurse, Social Worker, Neonatal Nurse and Neonatologist and will involve additional members as identified as your plan is developed.

Contact: Connie Thompson (connie.thompson@mercyoneiowa.org) (515) 358-3030

NO FOOT TOO SMALL (NFTS)

Founded by Robin and Ryan Boudreau, was inspired by the loss of their son Beau in 2013. NFTS was founded out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of these precious blessings. Quarterly meetings, with specific meetings for moms and separate meetings for dads, in Iowa City, Cedar Rapids, Des Moines, Ames, Davenport, Sioux City and Dubuque as well as virtually.

Information: www.nofoottoosmall.org

WALK WITH YOU

Partners with families experiencing the death of a child by providing immediate support, linking them to tailored resources, and directing grief education. Services include: Anticipatory Loss Listening Visits, assistance with funeral planning including funeral/burial expenses, photography services, Support System Equipping Sessions, tailored list of resources, and Bereaved Parent Mentorship. To learn more or to connect with Walk With You; Website: www.walkwithyounonprofit.org. Facebook: www.facebook.com/walkwithyounonprofit. Instagram: [@WalkWithYouNonprofit](https://www.instagram.com/WalkWithYouNonprofit)

Contact: info@walkwithyounonprofit.org (515) 612-7237

WHILE WE’RE WAITING

Faith-based retreats and support groups for bereaved parents. Our goal at these meetings is to point grieving parents to our only true source of comfort, Jesus Christ. Although our topics of discussion may be painful, and tears will be inevitable, our desire will be to honor God by seeking how we can live well while we’re waiting to be reunited with our children someday. whilewerewaiting.org

Contact: Mark & Angel Davis amd5843@gmail.com

FOR CHILDREN & TEENS

CHILDREN OVERCOMING the OBSTACLES OF LIFE - C.O.O.L.

A unique professional counseling program for children, incorporating art and play therapies. C.O.O.L.'s licensed counselors provide a safe and nurturing space for counseling children of all ages, offering nurture and security as children cope with loss. C.O.O.L counselors facilitate the natural growth and healing potential of children through quality affordable therapy. A program of the Mind & Spirit Counseling Center. 8553 Urbandale Ave., Urbandale. www.mindspiritcenter.org.

Information: info@mindspiritcenter.org (515) 274-4006

EVERYSTEP GRIEF AND LOSS SERVICES

Amanda the Panda - Children, individuals and families - kindergarten through adulthood - meets throughout the year led by trained, volunteer facilitators. Participants meet in age-appropriate groups for discussion and activities geared toward peer support and grief education. Our programs work toward connecting grieving individuals, identifying healthy coping skills and ensuring all participants have identified at least one support person. Childcare is available during support groups. There is no charge for programs, but registration is required. www.everystep.org

Contact: griefandloss@everystep.org (515) 223-4847

HAMILTON'S ACADEMY OF GRIEF & LOSS

Our children's grief programs are for children grieving the death of someone in their life. One of the most valuable experiences for the children is in being surrounded by other children who have also experienced a death. These programs are offered at no cost to families and held periodically throughout the year. **Pre-registration required.**

- **Healing Hearts** - A program for children **ages 8 - 12 years old**. Children can feel comfortable expressing their thoughts through art, music, stories, silly games, talking about feelings, and having fun with our mascot, a bunny puppet named "Hamilton". Children also learn different ways to cope with big feelings, and how we honor the person who died.

To register: www.HamiltonsFuneralHome.com/academy-of-grief-and-loss/healing-hearts

- **Little Hands** - A program for children **ages 4 - 7 years old**. Activities and discussions focus on the meaning of death, feelings that may accompany grief including ways to get those feelings out and continuing the bond we have with the person who died.

To register: www.HamiltonsFuneralHome.com/academy-of-grief-and-loss/little-hands

Contact: HFHAcademy@HamiltonsFuneralHome.com (515) 697-3666

ORCHARD PLACE - CHILD GUIDANCE CENTER (to 18 yrs. old)

Has provided child and adolescent mental health services for more than 75 years. We are a federally accredited community mental health center serving as a safety net service provider for children in Central Iowa battling mental health disorders. Located at 808 5th Avenue, Des Moines, Iowa.

Contact: Intake Specialist (515) 244-2267

SAGENT BEHAVIORAL HEALTH

Formerly LifeWorks - *Inspired by Greg Gaul*. Offers a client-driven, client-centered approach that personalizes your services to meet your individual needs, honoring the individual differences. Provides many options for therapy, including therapists who specialize in EMDR Therapy, Play Therapy and Art Therapy, in the areas of grief and loss, trauma and more. Accepts most insurances and private pay available. Has office locations in Ankeny, Des Moines and West Des Moines as well as Cedar Rapids, Iowa City and North Liberty. www.sagentbh.com/our-locations/iowa

Information (866) 671-1115

TRAUMATIC DEATH RESOURCES: SUICIDE, HOMICIDE & SUBSTANCE-RELATED

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

The mission of AFSP is to save lives and bring hope to those affected by suicide. AFSP works on researching suicide to discover the best ways to prevent it, raises awareness, takes action to save lives, and works with public officials on legislation and policies that aim to improve mental health and prevent suicide. Special events include community and campus suicide prevention awareness walks as well as International Survivors of Suicide Loss Day - held the third Saturday in November. For more information: www.afsp.org/iowa

Contact: iowa@afsp.org

CENTRAL IOWA TRAUMA RECOVERY CENTER (CITRC)

A non-profit trauma recovery and aftercare organization designed to elevate the provision of trauma related care and support for survivors of violent crime. CITRC integrates mental health treatment and comprehensive support services to improve physical and emotional health outcomes for survivors by removing barriers to care. We provide clinical care coordination, therapy and direct client assistance to adult survivors of violence at no cost. www.centraliowatrc.com

Information: (515) 244-5372

DES MOINES POLICE DEPARTMENT - VICTIM RESOURCE OFFICER

Available 24 hrs./day to respond to violent death situations-suicide, homicide, drowning, traffic fatalities, etc. Provide support/assistance to families throughout the investigation, refer them to appropriate community help organizations, and provide follow-up information on investigation.

Information (515) 237-1447

EVERYSTEP GRIEF AND LOSS SERVICES

Traumatic Loss Support Group is a part of Amanda the Panda. This group provides a safe space for individuals who have experienced the death of a loved one due to violence, overdose, suicide, or another sudden traumatic event. The goal of this group is to break down the stigma associated with traumatic loss and provide a place for individuals to find connection, understanding, and support as they grieve their loss.

Contact: griefandloss@everystep.org (515) 223-4847

IMPERFECT PATHWAYS

Offers compassionate coaching support for all stages of loss and aging. We provide guidance for individuals anticipating loss due to terminal illness or aging loved ones, as well as comprehensive grief coaching after a death. Our specialization includes support for traumatic loss. We also provide coaching for individuals navigating the aging process and caregivers, in addition to other coaching services such as ADHD, women's issues, and life transitions, as well as crisis intervention and prevention services and professional training in areas like emotional intelligence and resilience. Please visit www.imperfectpathways.com for more information or to book your free initial consultation.

Contact: Jane Nady (imperfectpathways@gmail.com) (515) 414-2306

IOWA ATTORNEY GENERAL CRIME VICTIM ASSISTANCE SECTION

Financial assistance for crime victims and families of victims including but not limited to: medical, homicide survivor counseling, lost wages, loss of support, mileage/transportation for family, crime scene clean-up, funeral & burial expenses. Can complete applications online, by mail, or by telephone. 1305 E. Walnut Street, Hoover Office Building, Des Moines, Iowa. Email: crimevictiminfo@ag.iowa.gov, website: www.iowaattorneygeneral.gov/for-crime-victims

Contact: Natalie Lampley (natalie.lampley@ag.iowa.gov) (515) 281-5044

KEN EATON FOUNDATION

Focuses on the prevention of hate crimes by providing a forum for victim's voices. Founded by Jennifer Eaton Bertagnolli after the murder of her father Ken Eaton, their goal is captured in their motto, "Healing Hearts & Opening Minds." They provide support and care packages to families after a loved one has been murdered.

Information: healingheartsandopeningminds.org

MOTHERS AGAINST DRUNK DRIVING (MADD)

Even if impaired driving ended today, its repercussions would still be with us in the lives of those who have already been injured or suffered the loss of loved ones. These victims need and deserve our help. Counseling and advocacy are available for survivors. We offer information about the judicial process, individual and family support.

Information: (800) GET-MADD

POLK COUNTY CRISIS AND ADVOCACY SERVICES (PCCAS)

Provides crisis intervention and on-going supportive services to victims regardless of law enforcement involvement or length of time since the assault or abuse. These services include: 24-hour response services, connection to crime victim compensation programs, public education, support groups and age appropriate education in the school system, community debriefing, counseling sessions, support groups, and referrals to appropriate community services.

- **Violent Crime Team** - Provides counseling and support services for victims of personal violent crimes that involves a respectful and caring response to survivors of a loved ones that have been murdered. Counselors are available to help families, friends, and loved ones begin to cope with their loss and with the many demands placed upon them. All services are free, voluntary, and confidential.

Information: (515) 286-3600

STEPS OF HOPE

A community of support and encouragement for those impacted by Substance Use Disorder. When someone you love loses their battle with substance use, it not only takes their life, but it leaves behind both family and friends, who are left grieving, and left feeling angry, confused, isolated, and alone. We believe no one should have to walk alone.

Information stepsofhopeiowa.org

SUBSTANCE OVERDOSE SUPPORT AFTER A DEATH (SOSAAD)

This peer led self-help group meets the third Thursday of each month from 7:00-9:00 p.m. in West Des Moines. We are a group of survivors offering support, healing, understanding, advocacy and hope in surviving the loss of a loved one to substance use, misuse and overdose. The group provides an atmosphere of acceptance and compassion for exploring feelings that are often not understood by others. Our group offers a chance to share helpful resources and to provide and receive support through the long grief process and rebuilding of your family. Please contact for more information and for meeting location. Email: sosaad.dsm@gmail.com

Contacts: Nicci Dean (515) 418-1979

Lucy Suvalsky (515) 423-0181

SURVIVORS OF SUICIDE LOSS SUPPORT GROUPS

These groups are safe, confidential peer support groups open to older teens & adults surviving the loss of a loved one by suicide. There is no cost to attend these groups. For more information, contact facilitator Stef McAdam.

- **Ankeny Group** - Meets the third Saturday of the month* from 10:00-11:30 a.m. at Ankeny Free Church, 118 NW Linden Street in Ankeny, Iowa. *Except November, due to the International Survivors of Suicide Day Conference held the same day at different location.
- **Des Moines Group with PCCAS** - Meets the second Thursday of each month from 6:00-7:30 p.m. and the last Saturday of each month from 9:00-10:30 a.m. at Polk County River Place, 2309 Euclid Avenue, Des Moines. Information: pccas@polkcountyiowa.gov or (515) 286-3600.
- **West Des Moines Adult Group** - Meets the first Thursday of each month from 6:00-7:30 p.m. Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, Iowa.

Contact: Stef McAdam (stef.mastergardener@gmail.com) (515) 491-3446



DEATH OF A PARTNER

EVERYSTEP GRIEF AND LOSS SERVICES

When Your Soulmate Dies - A 10-week book discussion group for those who have lost a spouse or partner. For more information: www.everystep.org

Contact: Bereavement Counselor (griefandloss@everystep.org)..... (515) 333-5810

HOSPICE OF THE MIDWEST

Offers individual and group support to those grieving the loss of loved ones, including a **monthly spousal support group** that is held in Des Moines.

Contact: Jenn Pedersen (jenn.pedersen@hospiceofthemidwest.com) (515) 218-2143

LIFE AFTER DEATH OF A SPOUSE (LADOS)

Provides monthly, educational, compassionate support and fellowship for all widowed men and women. LADOS meets the second Sunday of the month at 7:00 p.m. at Grace United Methodist Church, 3700 Cottage Grove, Des Moines, Iowa. In addition to the meetings there are dinners, special events and other social activities for participants.

Contacts: Dennis (dwoolums@toddwoolums.com)..... (515) 265-4036

Bari (lyle_50322@yahoo.com) (515) 278-2494

NEVER ALONE WIDOWS DES MOINES

A place where widows of any age and any season can find healing, community, and hope for their journey. Meets monthly on Sunday afternoons. Childcare is available and free of charge.

Contact: Karen Miller (n.fergesen@outlook.com) (303) 847-6536

UNITYPOINT HOSPICE BEREAVEMENT SERVICES

Grieving the Loss of a Spouse/Partner - Grief support group for individuals that have experienced the death of a spouse or partner. Meets the first Monday of the month at 10:00 a.m. at Lutheran Hospital in Conference Room 1, 700 E. University Avenue, Des Moines, Iowa. For more information, or to make reservations:

Contact: Anne Alesch (anne.alesch@unitypoint.org) (515) 782-6149

WIDOWS EXPERIENCING TRANSITION (W.E.T.)

A social support group for widows of all ages. The group dines out at local restaurants once a month and provides social conversation and support.

Contacts: Bette Garfield (bgarfield47@gmail.com) (515) 991-2600

Barb Norton (barb.norton@outlook.com) (515) 229-0224

SERVICES FOR SENIORS

NONPROFIT ORGANIZATIONS

AGING RESOURCES OF CENTRAL IOWA

Offers information, assistance in connecting to needed services and options counseling, long range planning, for older adults, adults with a disability and their caregivers. www.agingresources.com

Information: (515) 255-1310

POLK COUNTY SENIOR SERVICES

Operates a total of 15 community centers/meals sites offering individuals the opportunity to meet someone new, learn a new craft, start an exercise program, enjoy a meal or get information about community programs geared towards older adults.

Information: (515) 286-3434

WESLEYLIFE HOME HEALTH CARE

Includes skilled nursing, physical therapy, occupational therapy, speech therapy, homemaking, companionship and other in home services. www.wesleylife.org

Information: (515) 978-2777

FOR-PROFIT ORGANIZATIONS

AT-HOME CARE COMPANY, LLC

Devoted to assisting older adults and individuals who are ill, handicapped or physically disabled in maintaining an independent lifestyle at home. Free In-Home Consultation to discuss your unique needs. www.AtHomeCareCo.com

Information: (515) 292-2650

CARING HEARTS HOME CARE

A local, family-owned and operated agency dedicated to providing professional non-medical in-home care to seniors. Services include: companionship/homemaking, meal planning/prep, housekeeping; Personal Care, med reminders, Dementia/Alzheimer care, & more. Free in-home consultation. www.CaringHeartsHomeCare.com

Information: (515) 283-8300

COMFORT KEEPERS

Provides a range of senior care services - from companionship to errands and groceries, our highly-trained Comfort Keepers can support your loved ones in the comfort of their own home. We also offer senior technology, including home monitoring, fall risk, and medical alert systems. www.ComfortKeepers.com

Information (515) 575-5338

HOME INSTEAD SENIOR CARE

Non-medical home care service that provides support, companionship, meal preparation, light housekeeping, laundry, errand running, incidental transportation, personal care, and more. Free in-home assessment to identify needs. www.homeinstead.com

Information (515) 221-0866

LIVWELL SENIORS

Helps families sort through the multitude of options for retirement living, assisted living, or memory care. www.livwellseniors.com

Information (515) 978-1577

SENIOR HELPERS

Offers private duty care in the home, care facility or hospital. Provides RN oversight for personal care, homemaking, transportation, and companionship. Nursing services include home care assessments, medication set-up and management. 2951 86th Street, Urbandale, Iowa. www.seniorhelpers.com

Information: (515) 251-7444

ADDITIONAL SERVICES

988 - SUICIDE & CRISIS LIFELINE

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. www.988lifeline.org

Contact: 988

- **Veterans Crisis Line** - Are you a Veteran in crisis or concerned about one? Connect with a caring, qualified responders many of which are Veterans themselves. Responders are standing by 24/7, 7 days a week, 365 days a year to provide confidential support by phone, online chat, or text. www.veteranscrisisline.net

Contact: 988, Press 1

AL-ANON & ALATEEN

Al-Anon & Alateen has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic. For more information and meeting times and days: www.al-anondesmoines.org

Contact: (515) 277-5059

AMERICAN RED CROSS - Northern and Central Iowa Chapter

A community-based humanitarian organization, working on preventing and alleviating human suffering in the face of emergencies, including home fire and other disasters. Also offers emergency services from the CISM Teams to help emergency services personnel, businesses and/or communities deal with the emotional and physical aftershocks of a critical incident (i.e., multi-casualty event, death or injury to a child, police shooting, etc.). Services are confidential. American Red Cross Central Iowa Chapter, 2116 Grand Avenue, Des Moines.

Contact Emergency Services..... (515) 243-7681

BROADLAWNS MEDICAL CENTER

- **Crisis Observation Center (COC)** - Provides a safe and calm environment for those 18 years or older. Open to the community for those who are experiencing psychological stress which does not require hospitalization. Staff consists of nurses, care coordinators and psychiatric technicians. Staff will help coordinate or assist with seeing mental health providers for medication management and/or therapy. Open 24/7 at 1914 Carpenter Avenue, Des Moines. Call (515) 282-5742
- **Crisis Stabilization** - provide short-term services provided in a facility-based setting. Designed for voluntary individuals who need a safe, secure environment less intensive and restrictive than the hospital. The mission is to stabilize and reintegrate the individual back into the community. The 5-day crisis stabilization facility is a welcoming and comfortable environment conducive to recovery. Call (515) 244-3944
- **Mobile Crisis Response Team** - Provides community-based assessments and short-term crisis management for individuals who are experiencing a mental health crisis. The Mobile Crisis Team is staffed with behavioral health specialists including social workers and registered nurses. The team can stabilize clients in their home and complete a mental health assessment on scene.

For more information, www.broadlawns.org/clinics-and-services/mental-health/crisis-services

Information: Non-Emergency Dispatch..... (515) 283-4811

CLIVE BEHAVIORAL HEALTH

Provides compassionate care for those who struggle with a behavioral health disorder or co-occurring disorders. Based on a clinical assessment, each patient's treatment plan is customized to meet their specific needs. Our mission is to help them stabilize and leave the hospital with new, effective coping methods. To promote ongoing progress after a patient leaves our care, we initiate community referrals for continued care after discharge. www.clivebehavioral.com

Information: (844) 680-0504

Additional Services, continued...

POLK COUNTY LIFE SERVICES CENTER

1914 Carpenter Avenue, Des Moines. www.polkcountyiowa.gov/behavioral-health-disability-services/life-services-center/

- **St. Vincent de Paul - Sobering Center.** Open 24/7/365

Information: (515) 259-6262

- **Broadlawns - Crisis Observation Center (COC).** See information listed above.
- **Broadlawns - Behavioral Health Urgent Care (BHUC).** Open Monday - Friday 9:00 a.m. to 5:00 p.m.

Information: (515) 282-5742

POLK COUNTY SUICIDE PREVENTION COALITION (PCSPC)

A collection of people from a variety of spaces that are working together for suicide prevention in Polk County. By working together with a common mission, we can affect greater change. polkcountyiowa.gov/behavioral-health-disability-services/suicide-prevention-coalition/; [www.Facebook.com/PolkCountySuicidePrevention](https://www.facebook.com/PolkCountySuicidePrevention)

Information: pcspcoalition.info@gmail.com

UNITED WAY 211 CALL CENTER

A free, confidential service available 24 hours a day, seven days a week. Staff link people in need with a variety of community resources and services.

Information: 211

UNITYPOINT HEALTH

Behavioral Health Urgent Care - Provides services to children and adults in central Iowa. Services include: mental health services, psychiatric evaluation and assessment, addiction medicine, crisis services, community resources, onsite coordination for additional interventions coordinated with behavioral health agencies in central Iowa. 1250 E. 9th Street, Des Moines, Iowa. Open Monday - Friday, 9:00 a.m. - 5:00 p.m.

Information: (515) 263-2632

YOUR LIFE IOWA - CRISIS HELPLINE

Everyone needs help sometimes. If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health or suicidal thoughts, you're not alone. That is why Your Life Iowa was created so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. www.yourlifeiowa.org

Information: call (855) 581-8111, text (855) 895-8398



REGIONAL GRIEF CAMPS

ILLINOIS

CHICAGO - KIDS ABOVE ALL

Camp Sheilah Program - Helping kids heal from homicide-related trauma. This is an annual bereavement camp helping children ages 7-17 whose parent, legal guardian or sibling have been victims of homicide. Campers who attend the three-day event participate in fun activities like rock climbing and zip lining that challenge them to do things that they normally wouldn't do, building resilience and helping them learn how to navigate difficult situations. They also take part in small group discussions and art therapy to help them remember and honor their family member, as well as assist them in working through the trauma they've experienced. www.kidsaboveall.org/camp-sheilah/

Contact: Jeri Laureano jlaureano@kidsaboveall.org

IOWA

ALBIA - MONROE COUNTY

Children's Grief Day Camp - ages 5-14 years old, held in the fall.

Contact: Kim Higginbotham (khigginbotham@mchalbia.com) (641) 891-3266

BOONE - IOWA DONOR NETWORK

Camp Legacy - is a free, one-day grief camp for children ages 6-17 who have lost a loved one who gave the gift of organ, tissue, or eye donation. Campers must have completed kindergarten to attend. In addition to the children's program, we offer a supportive adult program for caregivers of grieving campers. Adults must have a camper enrolled in order to participate. iowadonornetwork.org/camplegacy

Information: (800) 831-4131

CRESTON - EVERystep GRIEF AND LOSS SERVICES

Youth ages kindergarten through 8th grade who have experienced a significant loss or other significant changes. This camp offers a chance to discover strength, healing, and resilience through engaging activities and peer connections.

Contact: Bereavement Counselor (griefandloss@everystep.org) (515) 223-4847

IOWA CITY - UNIVERSITY OF IOWA

Camp Kesem - we focus on creating fun experiences that help these children escape - even if for a short time - the challenges of coping with a parent's cancer diagnosis. Campers find adventure and creativity, build trust in themselves, and create new friendships. Many say that Camp Kesem is the best week of the year, and we agree!

Information: www.kesem.org/chapters/iowa

WATERLOO/WAVERLY/INDEPENDENCE/GRUNDY CENTER - CEDAR VALLEY HOSPICE

Eucalyptus Tree Program - Day Camp for children 5-12 years old, held in the summer. No charge. Contact for location and dates. www.cvhospice.org/services/grief-support/

Information: (319) 272-2002

WEST DES MOINES - EVERystep GRIEF AND LOSS SERVICES - Amanda the Panda

Youth ages kindergarten through 12th grade. Find a place of comfort and support as they connect with others who have experienced loss. Loss can stem from the death of a loved one, divorce, separation, incarceration, and other traumatic events. Volunteers lead campers through age-appropriate activities that focus on connection and healing.

Contact: Bereavement Counselor (griefandloss@everystep.org) (515) 223-4847

MINNESOTA

TWIN CITIES - BRIGHTER DAYS GRIEF CENTER

Camp Erin - In partnership with Eluna, a free bereavement camp is offered up to three times per year. Youth/teen camp and family camp options are offered, giving parents/caregivers an opportunity to choose what is the best fit for their family. Camp activities embed grief support and education in fun yet instructive ways. The unique camp experience creates an atmosphere to facilitate safe expression of grief both physically and emotionally. Lasting friendships develop out of the camp experience, creating an extended support community. More information: www.brighterdaysgriefcenter.org/youth-support/

Contact: info@bdgc.us (952) 303-3873

MISSOURI

KANSAS CITY HOSPICE & PALLIATIVE CARE/SOLACE HOUSE

Camp Erin Kansas City Family Camp is a free bereavement camp for youth who are grieving the death of a significant person in their lives. Families with children and teens ages 6 to 17 attend a day or weekend camp experience that combines grief education and emotional support with fun, traditional camp activities. Led by bereavement professionals and caring volunteers, campers are provided a safe environment to explore their grief, learn essential coping skills, and connect with peers who are also grieving. www.kchospice.org/camp-erin/

Contact: Dr. Iman Williams Christians (913) 341-0318

NEBRASKA

LINCOLN - MOURNING HOPE GRIEF CENTER

Camp Erin - In partnership with Eluna, Mourning Hope offers a **free, overnight** Camp Erin Family Camp to support families who have experienced the death of someone significant in their lives. Led by bereavement professionals and caring volunteers, Camp Erin combines grief education, emotional support and fun, traditional camp activities. At Camp Erin, families explore their grief, learn essential coping skills and make connections with other families with shared grief experiences. www.mourninghope.org/programs/familycamperin.html

Information: (402) 488-8989

OMAHA - THE COLLECTIVE FOR HOPE

Ted E. Bear Hollow Family Day Camps, open to adults with youth ages 3-18, are filled with crafts and activities selected to honor and remember special people who have died. During this program, children participate alongside their other family members and friends rather than being divided into their own age group. www.thecollectiveforhope.org

Information: info@thecollectiveforhope.org..... (402) 502-2773



REGIONAL GRIEF SUPPORT

ALBIA - CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore “why me?” and other aspects of coping and to assist them to develop healthy grieving strategies. www.careinitiativeshospice.org

Contact:(641) 932-3488/ (877) 577-8222

AMES - MARY GREELEY HOSPICE

Grief Support Group (six consecutive weeks, day/time varies) offered as needed. As well as other workshops and special events offered throughout the year. All programs are free and open to the community.

Contact: Michael Willer (willer@mngmc.com) (515) 956-6038

AMES - NO FOOT TOO SMALL (NFTS)

NFTS was founded out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of these precious blessings. Quarterly meetings, separate groups for moms and dads, as well as virtually.

Information: www.nofoottoosmall.org

AMES - SUNCREST HOSPICE

Grief is complicated process that no one should have to walk through alone. Suncrest provides a safe and supportive place to ask all your questions. This group is made up of 6 sessions, held on Tuesdays from 3:00-4:00 p.m. and held multiple times a year. Held at the Suncrest Office, 103 E. 6th Street, Suite 201, Ames.

Contact: (515) 327-6026

CARROLL - ST. ANTHONY HOSPICE BEREAVEMENT SUPPORT SERVICES

Adult Bereavement Support Group is an ongoing grief support group offered the second and fourth Mondays of each month from 5:00-6:00 p.m. in Meeting Room 3 at St. Anthony Regional Home Health & Hospice Office.

Information: (712) 794-5279/(712) 794-5392

CEDAR RAPIDS - BRIDGEHAVEN PREGNANCY SUPPORT CENTER

Our Take Heart program offers support and connections to resources for those facing miscarriage, life-limiting prenatal diagnosis, and infant loss. We want you to know that if this is part of your story, we are here for you. You don't have to stay silent about your sweet baby whose life was gone far too soon. www.bridgehavencr.org

Contact: Haley (haley@bridgehavencr.org)..... (319) 364-8967

CEDAR RAPIDS - CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore “why me?” and other aspects of coping and to assist them to develop healthy grieving strategies. www.careinitiativeshospice.org

Information: (319) 390-4161/(877) 577-2999

CEDAR RAPIDS - FOUNDATION2 SUICIDE SUPPORT GROUP

- **Adult Support Group** (18+) - Meets the second & fourth Tuesday of each month from 6:00-7:30 p.m. Located at 305 2nd Avenue SE, downtown Cedar Rapids, 1st floor small meeting room. Zoom is also offered for those that cannot attend in-person.

Contact: info@foundation2.org

- **Youth Support Group** (13-17) - Our free 8-week grief support group provides a safe space for teens (ages 13-17) to connect with others who understand their pain. Guided by trained counselors, participants receive emotional and therapeutic support while learning healthy ways to manage stress, explore creative coping skills, and find strength in a community of peers who have experienced similar losses.

Contact: Simon Kalkbrenner (skalkbrenner@foundation2.org) (319) 774-5497

Regional Grief Support, continued...

CEDAR RAPIDS - HOSPICE OF MERCY

- **Morning Grief Support Group** - Meets the first and third Tuesday of each month from 10:00-11:30 a.m.
- **Evening Grief Support Group** - Meets the first and third Tuesday of each month from 6:30-8:00 p.m.

For more information, www.mercycare.org/services/hospice/

Contact: (319) 398-6735

CEDAR RAPIDS - NO FOOT TOO SMALL (NFTS)

NFTS was founded out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of these precious blessings. Quarterly meetings, separate groups for moms and dads, as well as virtually.

Information: www.nofoottoosmall.org

CEDAR RAPIDS - UNITYPOINT HOSPICE - St. Luke's Hospice

Although death is a part of life, you are never prepared for the emotions that come after the loss of a loved one. The way we grieve is personal to each one of us, but grief is not something you have to go through alone. Although there is no right or wrong way to grieve, there are healthy and effective ways to cope.

Contact: (319) 369-7744

CEDAR RAPIDS - WAYPOINT SURVIVORS PROGRAM

Serving Survivors of homicide, vehicular homicide, and other violent crimes. Emergency crisis support, criminal justice advocacy, support groups, information/referral, and death notifications. Serves Benton, Des Moines, Henry, Iowa, Jefferson, Johnson, Jones, Keokuk, Lee, Linn, Poweshiek, Tama, Van Buren and Washington Counties. For more information: www.waypointservices.org/what-we-do/survivors-program

Contact: Penny Galvin (pgalvin@waypointservices.org) (319) 531-7089

CENTERVILLE - EVERYSTEP GRIEF AND LOSS SERVICES

- **Touching Our Grief** - Monthly educational grief and support group for adults. No charge.
 - **Understanding Your Grief** - An 8-week grief educational support group. No charge, but registration is required.
- www.everystep.org

Contact: Bereavement Counselor.....(641) 856-5502/(800) 500-2614

CHEROKEE - REGIONAL HOSPICE

Bereavement services for those who have lost a loved one.

Contact: (712) 225-6459

CLARION - GATEWAY HOSPICE

Offering those who have suffered a loss to attend grief groups and individual bereavement counseling.

Contact: Lissa Kaahl, Bereavement Coordinator (515) 532-2907

CRESCO - HOWARD COUNTY COMMUNITY HOSPICE

We offer grief mailings, supportive phone contacts or home visits, and support groups. For more information, call or visit: rhshc.com/services/howard-county-community-hospice/

Information: (563) 547-2989

DAVENPORT - FRIENDS & FAMILY SUICIDE LOSS SUPPORT GROUP

Meets the first Monday of each month from 6:30-8:00 p.m., if it falls on a holiday, then held the second Monday. Open group and all welcome, having experienced a suicide loss. Held at St. Paul's Lutheran Church, 2136 Brady Street, Davenport.

Contact: Joe and Deb James (joedeb1984@gmail.com)..... (563) 449-2528

DAVENPORT & DUBUQUE - AWAKENING GRACE

Our Quad Cities pregnancy and infancy loss support group. We will meet on the third Saturday of every month at 2:00 p.m. Come join us at the Coffee House. Enjoy a drink while also connecting with others who know what it's like to navigate life after the death of a child during pregnancy or infancy.

Contact: Amber (563) 331-1121

Regional Grief Support, continued...

DAVENPORT & DUBUQUE - NO FOOT TOO SMALL (NFTS)

NFTS was founded out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of these precious blessings. Quarterly meetings, separate groups for moms and dads, as well as virtually.

Information: www.nofoottoosmall.org

DAVENPORT & DUBUQUE - RICK'S RAY OF HOPE

The regional center for grieving and traumatized youth offering hope and guidance to children experiencing grief, loss or trauma. Services include fall, winter and spring support groups for children of all ages and developmental levels, special holiday events, crisis debriefing for traumatic situations involving children and two one-week summer day camps. A program of Vera French Mental Health Center. www.verafrenchmhc.org/services-for-children/ricks/

Information: (563) 383-1900, ext. 4

DUBUQUE - HOSPICE OF DUBUQUE

Groups are 6 weeks offered periodically. For those within their first year of bereavement; with the recommendation of waiting 4 months after a death has occurred before participating. Open to the community; need not be hospice related. Pre-registration required. 1670 John F. Kennedy Road, Dubuque. www.hospiceofdubuque.org/bereavement

Contact: Mary Boots (bootsm@hospiceofdubuque.org)..... (563) 582-1220

EMMETSBURG - HOSPICE OF PALO ALTO COUNTY

Bereavement group meets the third Tuesday of each month, 7:00 p.m. at the Willow Ridge Activity Room at the Palo Alto Hospital, 3201 1st, Emmetsburg.

Contact: Nancy Wentzel (712) 852-5453

FORT DODGE - UNITYPOINT HOSPICE BEREAVEMENT SUPPORT

- **Loss of a Spouse/Partner Support Group** - Meets the first Tuesday of each month at 10:00 a.m. at the Webster County Fair Grounds.
- **Individual Support (1:1)** is also available.

Information (515) 574-6416

FORT DODGE - THE COMPASSIONATE FRIENDS

Peer support organization for bereaved families after the death of a child, grandchild or sibling of any age. Meets the second Monday of the month at 7:00 p.m. at Good Shepherd Lutheran Church 1436 21st Avenue N., Fort Dodge, Iowa. Lending library and newsletters available. www.compassionatefriends.org

Contact: Karla Detmering (karladetmering@yahoo.com) (515) 408-1057

FORT DODGE - WHILE WE'RE WAITING

Faith-based retreats and support groups for bereaved parents. Our goal at these meetings is to point grieving parents to our only true source of comfort, Jesus Christ. Although our topics of discussion may be painful, and tears will be inevitable, our desire will be to honor God by seeking how we can live well while we're waiting to be reunited with our children someday. whilewerewaiting.org

Contact: Jerry & Kelle VanVacter.....kellevanvacter@gmail.com

FORT MADISON - LEE COUNTY HEALTH DEPARTMENT HOSPICE

Bereavement services include; individual visits with a social worker, volunteer and/or chaplain, bereavement newsletter and referrals to local support groups.

Contact:(319) 372-5225/(800) 458-6672

Regional Grief Support, continued...

GREENFIELD - CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore “why me?” and other aspects of coping and to assist them to develop healthy grieving strategies. [www.careinitiveshospice.org](http://www.careinitiativeshospice.org)

Information: (877) 577-8555

GRUNDY CENTER - CEDAR VALLEY HOSPICE

- **Adult Grief Counseling** - Services provided to people on a one-to-one basis if desired. We can come to your home or provide support via phone or Zoom. No charge.
- **Drop-in Support Group** - for anyone in the community grieving the death of a loved one. Held the first Wednesday of the month from 2:00-3:00 p.m.

Contact: Lynette Jordan (ljordan@cvhospice.org)..... (319) 824-3868

HAMPTON - REMEMBERING LIVES LOST TO SUICIDE

A support group for those 16 or over who have lost a loved one to suicide. Meets the second Thursday of each month from 6:00-8:00 p.m. at Youth for Christ (YFC) building, 420 4th Street SE, Hampton, Iowa. There is no pre-registration required, but you will be asked to complete a form the first time you attend.

Contact: Jill O'Dell (jill.odell3@gmail.com) (641) 430-8034

HARLAN - MYRTUE MEDICAL CENTER HOSPICE

Grief classes offered throughout the year for adults and children. No charge; open to the community; need not be hospice related to attend. Groups held at Myrtue Medical Center, 1213 Garfield Avenue, Harlan.

Contact: Cathy Jensen (712) 755-4308

HUMBOLDT - SURVIVOR OF SUICIDE LOSS & BEREAVEMENT

This group does not meet regularly, but is able to provide support information and resources.

Contact: Kim Vitzthum (515) 332-2201
Scott Vitzthum (buckthelab@hotmail.com) (515) 332-5654

IDA GROVE - HORN MEMORIAL COMMUNITY HEALTH

Growth after Loss is a 6-week grief support group offered in the spring and fall. The group is open to all whom have suffered a loss, with a recommendation of being at least three months after the loss. The sessions are free of charge and open to the community. Horn Memorial Community Health, 701 E. 2nd Street, Ida Grove.

Contact: homehealth@hornmemorialhospital.org..... (712) 364-3311

INDEPENDENCE - CEDAR VALLEY HOSPICE

- **Adult Grief Counseling** - Services provided to people on a one-to-one basis if desired. No charge.
- **Child Loss Grief Support Group** - open to individuals in the community who have experienced the loss of a child at any age. Held the second Wednesday of the month at 10:00-11:00 a.m.
- **Drop-in Support Group** - for anyone in the community grieving the death of a loved one. Held the third Wednesday of each month 10:00-11:00 a.m.

Contact: Laura Yeats (319) 334-6960

IOWA CITY - COPING WITH SUICIDE LOSS SUPPORT GROUP

CommUnity offers this support group for those who have lost a loved one or friend to suicide. Meets the first Thursday of every month at 7:00-8:30 p.m. at the GuideLink Center, 300 Southgate Avenue, Iowa City.

Contact: Ryan Dickson (ryan.dickson@builtbycommunity.org) (319) 351-2726



IOWA CITY - IOWA CITY HOSPICE BEREAVEMENT SERVICES

Grief support services for anyone who is grieving the loss of a loved one, regardless of whether the person was in hospice care. Services at no cost, including 1:1 grief counseling, support groups, grief education, special events and bereavement groups for children, youth and their parents/caregivers.

- **Individual and Family Support** - for individual and family bereavement support and information. They are readily available for in-person, video conference or email support and information.
- **Grieving Your Loss** - A professionally led support group for persons who have experienced the death of a loved one. The group meets the second and fourth Wednesdays of each month at 5:30 p.m.
- **Understanding Your Grief Workshop** - 6 week grief class for adults. Will provide grief education and support to those who experienced the death of a loved one. Pre-registration is required.

For more information: www.iowacityhospice.org

Information: info@iowacityhospice.org (319) 351-5665

IOWA CITY - LENSING FUNERAL & CREMATION SERVICE

- **Breaking Bread** - Held on the third Wednesday of each month from 5:15-6:30 p.m. During this time, we walk through grief while learning about our community and connecting over food and conversation. A local community member or organization presents a program at 5:30 p.m.
- **Death Cafe** - hosted by the funeral home, but facilitated by Death Collective of Eastern Iowa (new in spring 2025), join us for a lively, informal, and open-ended conversation about the end of life and what we make of it. More information on Death Café's can be found at www.deathcafe.com.
- **Grief and the Holidays** - held in early November for those coping with the holidays following a loss.
- **Healthy Grieving** - held quarterly with grief counselor Chris Klug. A different topic is discussed about grief.
- **Mending Hearts** - held around Valentine's Day to celebrate those that have experienced a loss. We offer a meal, musical entertainment, giveaways, and a few other lovely surprises.
- **Party in the Parking Lot** - held on a Sunday in the summer or fall to bring people together through live music, good food, and an evening of fun at our Iowa City location.
- **Support Group** - held on the third Tuesday of each month from 5:30-6:30 p.m. An informal, in-person, space for individuals to process their grief and connect with others - facilitated by therapist John Cilek.
- **Remembrance Service** - held in late November to gather with families we have served throughout the year and remember those we have lost.

For more information about these programs and additional programming, www.lensingfuneral.com or contact below.

Contact: Amanda Lensing (mandi@lensingfuneral.com) (319) 338-8171

IOWA CITY - NO FOOT TOO SMALL (NFTS)

NFTS was founded out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of these precious blessings. Quarterly meetings, separate groups for moms and dads, as well as virtually.

Information: www.nofoottoosmall.org

KNOXVILLE - SIDS SUPPORT GROUP

A support group for parents who have lost a child to Sudden Infant Death Syndrome. Meets as requested.

Contact: Lori Howard..... (641) 828-6515

KNOXVILLE - THE SAFE SPACE SUICIDE SUPPORT GROUP

Suicide Support Group - A support group for friends, families, and your loved ones whom have lost someone to suicide. Every survivor grieves in his/her own way. There is no time table of grief. Not every survivor will experience the same reaction or emotions. Our purpose is to provide a safe, confidential environment that we may process our feelings and emotions and to offer comfort and understanding to participants working through the grief process. Meets the first Thursday of each month at 6:30 p.m. at Celebrate Church, 1005 N. Lincoln, Knoxville.

Contact: Shelly Braley (Rochelle@iowatelecom.net)..... (641) 891-5912

Regional Grief Support, continued...

LINCOLN, NE - MOURNING HOPE GRIEF CENTER

Children, adults and families have the opportunity to participate in grief support groups with peers their own age who have experienced similar loss. Participants and clients are taught healthy coping skills for dealing with the death of a significant person. They are given the freedom to grieve in their own way and at their own pace. Ultimately, they learn that hope and healing are possible, and that no one has to grieve alone. www.mourninghope.org

Information: (402) 488-8989

MANCHESTER - REGIONAL MEDICAL CENTER GRIEF SUPPORT GROUP

For adults grieving the loss of a loved one. Meets at the Regional Medical Center of Northeast Iowa and Delaware County, 709 W. Main Street, Manchester.

Contact: Nicole Brehm (nicole.brehm@regmedctr.org)..... (563) 927-7746

MARSHALLTOWN - THE COMPASSIONATE FRIENDS

Peer support organization for bereaved families after the death of a child, grandchild or sibling of any age. Meets the first Tuesday of the month at 7:30 p.m. at Friends Church, 2409 S. 6th Street, Marshalltown. Lending library and newsletters available. www.compassionatefriends.org

Contact: Karen Shipley-Cooper (641) 752-6983

MARSHALLTOWN - IOWA RIVER HOSPICE

- **Grief Group** - Open to all individuals who have experience the recent death of a loved one. Meets the second Wednesday of each month at 2:00 p.m. at Glenwood Place Assisted Living, 2907 S. 6th Street, Marshalltown.
- **Grief Healers** - This group open to all individuals who have experienced the death of a loved one. Meets the third Thursday of each month at 3:00 p.m. at Bickford Senior Living, 101 Newcastle Road, Marshalltown.
- **Grow through Grief** - 5-week class offered twice yearly designed to help those learning to deal with loss and grief. The class provides videos, handouts and time to talk with others experiencing grief. Participants are asked to attend all five sessions. Held at Iowa River Hospice, 502 Plaza Heights Road.

Information: iowariverhospice.org..... (641) 753-7704

MASON CITY - MERCYONE NORTH IOWA HOSPICE

We believe grief occurs as a normal, healthy response to a death that should be expressed and shared. We offer a variety of grief support services designed to assist people on their grief journey.

Contact: Autumn Hawver, Bereavement Coordinator (641) 428-6208

MASON CITY - TOUCHED BY SUICIDE

A support group for those affected by suicide or with lived experiences. Meets the third Thursday of the month from 6:00-8:00 p.m. at the First Baptist Church, 125 E. State Street, Mason City, Iowa.

Contact: Wendy Martinez (touchedbysuicidemasoncity@gmail.com)..... (641) 420-0049

MT. AYR - EVERystep GRIEF AND LOSS SERVICES

- **Touching Our Grief** - Monthly educational grief and support group for adults. No charge.
- **Understanding Your Grief** - An 8-week grief educational support group. No charge, but registration is required. www.everystep.org

Contact: Bereavement Counselor.....(641) 464-2088/ (800) 806 - 9934

MT. PLEASANT - EVERystep GRIEF AND LOSS SERVICES

- **Touching Our Grief** - Monthly educational grief and support group for adults. No charge.
- **Understanding Your Grief** - An 8-week grief educational support group. No charge, but registration is required. www.everystep.org

Contact: Bereavement Counselor.....(319) 385-4472/(888) 385-4472

Regional Grief Support, continued...

MUSCATINE - THE COMPASSIONATE FRIENDS

Peer support organization for bereaved families after the death of a child of any age. Meets the second Sunday of each month at 2:00 p.m. at Snyder & Hollengaugh 2907 Mulberry Avenue, Muscatine, Iowa. Support from other parents who have also had a child die at any age, provide the opportunity to talk to someone who's "been there". Lending library and newsletter available. Sibling and grandparent support also. www.thecompassionatefriends.org

Contact: Tom Summitt (tom.summitt@muscatinecountyiowa.gov)..... (563) 506-0103

NEWTON - SUICIDE BEREAVEMENT GROUP

A support group for young and older adults who have lost a loved one to suicide. Meets the third Saturday of the month from 11:00 a.m. - 12:30 p.m. at the Newton Public Library, 100 N. 3rd Avenue W., Newton, Iowa.

Contact: Kristena Strum (tena118809@gmail.com)..... (641) 940-9399

NEWTON - WESLEYLIFE HOSPICE BEREAVEMENT SERVICES

We have ongoing small group support for those experiencing grief as a result of death and other losses. We also offer "We Honor Veterans Level 4 Participant" in which Hospice patients are recognized for their sacrifices for our country. Volunteer programs for kind-hearted people who wish to visit Hospice patients or assist with programs.

- **Living with Loss Groups** - The last Thursday of the month from 2:00-3:00 p.m. at Park Centre Community, 500 1st Street N., Newton.

Contact: Elaine Jones (515) 271-6777

NORTH LIBERTY - HORIZON'S SURVIVORS PROGRAM

Serving loved ones of homicide victims. Contact for interest in local group.

Information: survivors@horizonsfamily.org..... (319) 398-3943

OMAHA, NE - THE COLLECTIVE FOR HOPE

The Collective for Hope (formerly Ted E Bear Hollow and Grief's Journey) has been offering free and inclusive grief support to kids 3-18, families, and adults for over two decades. They offer both open and closed groups, family days, youth-only day camps, annual remembrance events, and more. They host family bereavement groups, individual adult-only groups, a pregnancy & infant loss group, suicide loss group, anticipatory grief group, and more. All groups are free and some are available online. www.thecollectiveforhope.org

Information: info@thecollectiveforhope.org..... (402) 502-2773

OMAHA, NE - PARENTS OF SUICIDES TOGETER

For parents who have lost a child to suicide. Meets the second Tuesday of the month from 7:00-9:00 p.m. at St. Andrews Episcopal Church at 84th and Pacific in Omaha. Because we want to talk more, the moms also get together one Saturday or Sunday a month at 12:30 p.m. for lunch, dates vary.

Contact: Karen McElroy (parentsofsucidestogether@yahoo.com)..... (402) 677-4564

OMAHA, NE - VNA HOSPICE OF SOUTHWEST IOWA

Offering a bereavement support group. Open to anyone but space is limited. Please call for dates and reservation. One-on-one bereavement visits also available.

Contact: Michelle Rosneck..... (800) 521-5539

OSCEOLA - EVERYSTEP GRIEF AND LOSS SERVICES

- **Touching Our Grief** - Monthly educational grief and support group for adults. No charge.
 - **Understanding Your Grief** - An 8-week grief educational support group. No charge, but registration is required.
- www.everystep.org

Contact: Bereavement Counselor.....(641) 342-2888/(800) 350-9209

Regional Grief Support, continued...

OSKALOOSA - AWAKENING GRACE FOUNDATION

Providing support to families who have lost a child in pregnancy or infancy. Offers a yearly retreat in the spring at Backroad Retreat. www.awakeninggracefoundation.org

Contact: awakeninggracefoundation@gmail.com

OTTUMWA - AWAKENING GRACE FOUNDATION

Our Ottumwa resource hub acts as the primary bridge between our organization and the families, hospitals, and clinics within the community to ensure no one has to walk through the loss of a child alone. They can meet with families one-on-one and connect them with resources, including financial assistance, burial garments, and other bereavement services. Website: www.awakeninggracefoundation.org; Email: awakeninggracefoundation@gmail.com

Contact: Amanda Seemann..... (641) 780-3141

OTTUMWA - HOSPICE BEREAVEMENT PROGRAM

Offering a variety of groups and events to the families we serve and open to the public. These groups include Coffee & Conversation, Meet & Eat, Walking Through Grief and GriefShare. Other offerings include Activity Hour, Grief Education and Bereavement Counseling. hospicewdc.org/bereavement

Contact: hospice@hseia.org..... (641) 682-0684

PANORA - CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore “why me?” and other aspects of coping and to assist them to develop healthy grieving strategies. www.careinitiativeshospice.org

Contact: (641) 755-2700

PELLA - THE COMPASSIONATE FRIENDS, CENTRAL IOWA CHAPTER

Peer support organization for bereaved families after the death of a child of any age. Meets the second Tuesday of the month at Garden Chapel Funeral Home, 1301 Main Street, Pella, Iowa. Support from other parents who have also had a child die at any age, provide the opportunity to talk to someone who’s “been there”. Lending library and newsletter available. Sibling and grandparent support also.

Chapter website: www.tcfdsm.org; National Website: www.thecompassionatefriends.org; Chapter email: tcfdsm@gmail.com

Contacts: Lucy Suvalsky, Nicci Dean or Henry Allen (515) 635-1678

PELLA - HOSPICE OF PELLA BEREAVEMENT SUPPORT

- **Coffee, Conversation, and Comfort** - This class is open to anyone, no reservation necessary. Meets over coffee to discuss grief and comfort each other. Held the third Tuesday of the month from 9:30-10:30 a.m. on the lower level of the comfort house.
- **Kids Grief Groups: “Painting Outside the Lines”** from 5:45-6:45 p.m.
 - o Meetings for children 2-10 years old; the second Tuesday of the month.
 - o Meetings for 9-19 years old the fourth Tuesday of the month.

Contact: Leah Garland (641) 620-5050

- **Empty Cradle Program** - A program for Pella Regional’s support for moms, dads, grandparents, and loved ones who have lost a child to miscarriage, stillbirth, or infant death. Meets the third Thursday of the month from 12:00-1:00 p.m. on the lower level of the comfort house.

Information: pellahealth.org/services/hospice/community-education

PELLA - SURVIVOR OF SUICIDE LOSS SUPPORT GROUP

A support group for adults who have lost a loved one to suicide. Meets the third Thursday of each month at 7:00 p.m. at Hospice Comfort House, 505 Union Street, Pella, Iowa.

Contact: Julie Seemann jseemann@pellahealth.org

SHELDON - AWAKENING GRACE FOUNDATION

Our Sheldon resource hub acts as the primary bridge between our organization and the families, hospitals, and clinics within the community to ensure no one has to walk through the loss of a child alone. They can meet with families one-on-one and connect them with resources, including financial assistance, burial garments, and other bereavement services. Website: www.awakeninggracefoundation.org, Email: awakeninggracefoundation@gmail.com

Contact: Vanessa Harig (712) 344-2129

SIOUX CENTER - HOME HEALTH & HOSPICE

Life After Loss Support Group is for those who have experienced the death of a loved one. Meets monthly on Wednesday. Free of charge. Sioux Center Home Health & Hospice, 1400 7th Avenue SE, Sioux Center, Iowa.

Contact:(712) 722-8108

SIOUX CITY - CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore “why me?” and other aspects of coping and to assist them to develop healthy grieving strategies. www.careinitiativeshospice.org

Information: (712) 258-0135/(877) 577-3888

SIOUX CITY - THE COMPASSIONATE FRIENDS

Peer support organization for bereaved families after the death of a child of any age. Meets the third Monday of each month at 7:00 p.m. Support from other parents who have also had a child die at any age, provide the opportunity to talk to someone who’s “been there.” Sibling and grandparent support also. www.thecompassionatefriends.org

Contact: Roxanne Ellis and Nancy Webb (tcfofsiouxland@gmail.com)(712) 251-2997

SIOUX CITY - HEARTS PROGRAM

A support group for parents and families who have lost an infant due to miscarriage, ectopic pregnancy, stillbirth, SIDS, or other infant death. Meets three times a year - spring, fall and winter.

Contact: Janell Nortoren, Chaplin(712) 279-3805

SIOUX CITY - NO FOOT TOO SMALL (NFTS)

NFTS was founded out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of these precious blessings. Quarterly meetings, separate groups for moms and dads, as well as virtually.

Information: www.nofoottoosmall.org

SPENCER - GLASS/BUDDY UP

We welcome not only those who have lost a loved one to suicide but also those who have mental health issues themselves or who are being bullied at school or at work. This group meets twice a month on the first and third Tuesday of the month from 6:30-8:00 p.m. at the Spencer Dream Center, 605 Grand Avenue, Spencer, Iowa. Free child care is available.

Contact: Vicki Heckroth(712) 260-8060
Carol Slovik(712) 260-2935

SPENCER - SURVIVORS OF SUICIDE LOSS GROUP

Peer support group for those who have lost a loved one died to suicide. Meets the second Saturday of the month from 9:30-11:00 a.m. at Grand Avenue Community Outreach, 605 Grand Avenue, Spencer, Iowa.

Contact: Lynn Graesing (lynn.graesing@gmail.com)(712) 260-7072
Gloria Nieman (gnieman08@gmail.com)(712) 260-8815

Regional Grief Support, continued...

STORM LAKE - SUICIDE GRIEF SUPPORT GROUP

A safe, confidential support group open to any adult surviving the loss of a loved one through suicide. Meets the first Wednesday of the month from 7:00-8:00 p.m. at St. Mark's Lutheran Church, 1614 W. 5th Street, Storm Lake, Iowa.

Contact: Casey Orth-Nebitt conebitt@icloud.com
Willia Casstevens wjcass@gmail.com

WASHINGTON - HOSPICE OF WASHINGTON COUNTY

Here to assist our community member's move through the grief process by providing support, education and resources. Our Bereavement staff offer educational programs, monthly mailings, supportive counseling through one-on-one meetings, home visits and regularly scheduled support groups. www.hospicewc.com/bereavement/

Contact: Jina Witthoft (Jina@hospicewc.com) (319) 653-7321 or (888) 966-6608

WATERLOO - CARE INITIATIVES HOSPICE

Non-profit hospice providing support for those suffering from grief and loss. Bereavement Counselors and Social Workers are available to help families explore "why me?" and other aspects of coping and to assist them to develop healthy grieving strategies. www.careinitiativeshospice.org

Information: (319) 232-6808/(319) 234-4423

WATERLOO - CEDAR VALLEY HOSPICE

- **Adult Grief Counseling** - Services provided to people on a one-to-one basis if desired.
- **Drop-in Support Group** - for anyone in the community grieving the death of a loved one. Held the first Tuesday of each month from 5:30-6:30 p.m.
- **Survivors of Suicide Loss Support Group** - This ongoing grief support group is open to individuals in the community who have lost a loved one to suicide. This group meeting the fourth Thursday of each month from 5:30-6:30 p.m.

Contact: Laura Yeats (319) 272-2002

WATERLOO - MERCYONE WATERLOO MEDICAL CENTER

Hope & Healing is a support group for adults who have experienced pregnancy, fetal, and infant loss. Meets for no charge on the second Tuesday of every month from 6:00-7:30 p.m. in meeting room 2 at Waterloo Medical Center, 3421 W. 9th Street, Waterloo, Iowa. Please contact for more information.

Information: (319) 272-8357

WAUKON - HEALING HEARTS INFANT LOSS SUPPORT GROUP

Meets on an as needed basis in the large conference room on the lower level of Veterans Memorial Hospital in Waukon, Iowa. Find us on Facebook for meeting and upcoming events information.

Contact: Cheryl (cheryllivingston@live.com) (563) 568-5486

WAVERLY - CEDAR VALLEY HOSPICE

- **Adult Grief Counseling** - Services provided to people on a one-to-one basis if desired. No charge.
- **Drop-in Support Group** - for anyone in the community grieving the death of a loved one. Held the third Tuesday of each month from 2:30-3:30 p.m.

Contact: Lynette Jordan (ljordan@cvhospice.org) (319) 352-1274

WAVERLY - HEALING AFTER A LOSS TO SUICIDE

A support group for adults who have lost a loved one to suicide. Meets the second Saturday of each month from 10:00 a.m. - 12:00 p.m. at Heritage United Methodist Church, 1201 203rd Street, Waverly, Iowa.

Contact: Bonnie Travers (bonnietravers@ymail.com) (702) 203-9567

Regional Grief Support, continued...

WEST UNION - GUNDERSEN PALMER LUTHERAN HOSPICE


Gundersen recognizes that supporting those who are grieving is an important part of family-centered healthcare. We understand that grief is a personal journey, not a point in time. Your experience might differ from others' experiences, even those who are very close to you. To help you on your journey, we host events, resources, and support groups. For more information: www.gundersenhealth.org/patients-visitors/grief-bereavement

Contact: grief@gundersenhealth.org (608) 775-5278/800-335-0711

WINTERSSET - EVERYSTEP GRIEF AND LOSS SERVICES

- **Touching Our Grief** - Monthly educational grief and support group for adults. No charge.
- **Understanding Your Grief** - An 8-week grief educational support group. No charge, but registration is required. www.everystep.org

Contact: Bereavement Counselor (515) 462-5205/(800) 350-9209



*In these last pages of this booklet, are online grief resources. These resources range from websites, blogs, virtual support groups, podcasts and online videos. With so many wonderful resources listed, we have placed an * by some excellent general resources if you need a good place to start. Additional resources are grouped together by type of loss to help you find what you are looking for.*

GENERAL GRIEF

RESOURCES

***ALL THERE IS ONLINE - www.cnn.com/interactive/dealing-with-grief-anderson-cooper/**

Grief can feel so lonely, but there's two things I've learned that can help: talking about it and listening to others talk about their experiences as well. That's why we have created this online grief community.

CANCER CARE, INC. - www.cancercares.org

Assists those who are struggling with cancer and offers both individual and group bereavement counseling for those who have experienced the death of a loved one to cancer.

CENTER FOR LOSS & LIFE TRANSITION - www.centerforloss.com

Presents educational workshops to the general public, professionals, clergy and funeral directors. Publishes numerous materials on the grieving process. Publishes bi-annual newsletter, also available online.

CENTERING CORPORATION - www.centering.org

A non-profit organization dedicated to providing education and resources for the bereaved. Provides educational offerings and workshops for caregivers and families.

FOR GRIEF - www.forgrief.com

Grief is a personal experience, but you don't have to navigate it alone. At For Grief, we offer direct access to leading grief experts, plus a library of videos and other resources that provide the support you need, when you need it.

GRIEF STORIES - www.griefstories.org

Helping Grief Make Sense. At Grief Stories, we believe passionately that sharing stories fosters connection, helping people cope with grief. Our professionally created videos invite you into the stories of real people and health professionals sharing stories of coping with loss and insights about grief. All content is vetted by health care experts.

***HEALGRIEF - www.healgrief.org**

A social support network that is there when everyone else goes away, and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. HealGrief provides the tools and resources to guide one's journey with grief into a healthy personal growth.

HOSPICE FOUNDATION OF AMERICA - hospicefoundation.org

A not-for-profit organization that provides leadership in the development and application of hospice and its philosophy of care. End-of-life care resources available for professionals, patients, and families.

NATIONAL ALLIANCE FOR CARE AT HOME - allianceforcareathome.org/resources/

Strengthening the care at home community with expertly-created resources developed to bring important tools and information directly to you.

ON COMING ALIVE - oncomingalive.com

Stories of rising from the ashes and coming alive. On Coming Alive was created as a platform for those who have suffered to share their stories of survival and their wisdom with the world.

OPEN TO HOPE FOUNDATION - www.opentohope.com

A non-profit foundation with the mission of helping people find hope after loss. You are invited to read, listen, and share your stories of hope. Website includes articles, podcasts, videos, and several other helpful resources.

General Online Grief Resources, continued...

***REFUGE IN GRIEF - www.refugeingrief.com**

It's OK to not be OK. If your life has exploded into a million little bits, you don't need platitudes. You don't need cheerleading. You don't need to be told this all happened for a reason. You certainly don't need to be told that you needed your pain in order to learn something about life. Some things cannot be fixed. They can only be carried.

SALT WATER - www.findyourharbor.com

A safe harbor for people grieving the death of someone they didn't think they could live without. The goal is to create a community where people can support each other by sharing wisdom, ideas and offering hope that we can get through the rest of our lives without our beloveds.

***SPEAKING GRIEF - www.speakinggrief.org**

Moving away from the idea that grief is a problem that needs to be "fixed," Speaking Grief validates the experience of griever and guides those wishing to support them. There is no "right" way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience.

WEBHEALING.COM - www.webhealing.com

A variety of grief resources as well as discussion boards for: death of a child, spouse, sibling, parent, suicide and more.

***WHAT'S YOUR GRIEF - www.whatsyourgrief.com**

To promote grief education, exploration, and expression in both practical and creative ways. Aims to provide the public with education that reaches beyond generalization, practical and specific suggestions for moving forward, modes of self-exploration and self-expression that suit all types of thinkers and doers, ways to honor and remember deceased loved ones, and a supportive community.

SUPPORT GROUPS

FOR GRIEF - www.forgrief.com

Grief is a personal experience, but you don't have to navigate it alone. At For Grief, we offer direct access to leading grief experts, plus a library of videos and other resources that provide the support you need, when you need it. They also have a variety of events geared toward different populations of griever and different avenues of coping.

HEALGRIEF - www.healgrief.org

A social support network that is there when everyone else goes away, and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. We connect, support and empower grieving young adults to "actively move forward" in memory of their person. Facilitated virtual support groups available for people ages 18+ each week, some loss specific - death of a child, death of a partner, death of a parent, death of a sibling, etc.

HEARTLIGHT CENTER - www.heartlightcenter.org/virtual-programs/

We know your story is unique and the pain of grief can be intensely personal. *That doesn't mean you have to face it alone.* HeartLight Center is a non-profit that companions and educates people through their grief to find hope. Virtual grief support groups, including; educational groups, loss of a parent, sudden & traumatic loss, suicide loss, substance-related loss, LGBTQ grief groups as well as groups for young adults.

KATE'S CLUB - www.katesclub.org/for-young-adults

LoKate is a Kate's Club program specifically for young adults (ages 18-30) grieving the death of someone important to them. Join us virtually (or in-person if you are in Atlanta, Georgia) and connect with others who know what you're going through. Monthly meetups hosted via Zoom to connect with other young adults navigating adulthood, grief, and everything in between. Members can join from anywhere in the world. Contact Kacie; kacie.chasteen@katesclub.org.

LIFT FROM LOSS - childbereavement.org/support-groups/grief-support.html

Grief support groups for adults 18+ who have experienced the loss of a loved one from illness, accident, suicide or homicide. Peer grief support groups are open-ended and at no charge. Adult groups also offered in Spanish. Groups meet in the evenings each week, all year round via Zoom.



Virtual Support Groups, continued...

REIMAGINE - www.letsreimagine.org/experiences/upcoming-events

Let's reimagine loss, adversity, and mortality, and channel life's challenges into meaning and growth. Virtual resources, groups and special events.

ST. CROIX HOSPICE GRIEF SUPPORT - <https://www.stcroixhospice.com/bereavement-support/>

We understand the death of a loved one is only the beginning of a journey of grief. St. Croix Hospice provides bereavement support with a variety of virtual grief support opportunities. Some topics include; Anticipatory Grief, Caregiver Support, Parent Loss, Loss from Cancer, Spousal Support, Loss from Dementia and Grief During the Holidays.

PODCASTS

***ALL THERE IS WITH ANDERSON COOPER - www.cnn.com/audio/podcasts/all-there-is-with-anderson-cooper**

Do we ever move on from grief, or do we just learn to live with it? In All There Is, Anderson Cooper continues his deeply personal journey to understand his own feelings of grief in all its complexities, and in moving and honest discussions, learn from others who've experienced life-altering losses. This is about the people we lose, the people left behind, and how we can live on – with loss and with love.

BEFORE WE GO - podcasts.apple.com/us/podcast/before-we-go/id1763722181

Anticipatory Loss - Follows the personal and emotionally charged journey of Dr. Shoshana Ungerleider, founder of End Well, a nonprofit organization committed to reshaping society's perception and approach to end of life. In the summer of 2022, Shoshana's father, Steven was diagnosed with terminal cancer. As a physician and an expert in death and dying, she had the knowledge and support she needed to face the road ahead. But her journey revealed that the reality of facing mortality is far more intricate and surprising than she could anticipate.

COMING BACK: CONVERSATIONS ON LIFE AFTER LOSS - www.shelbyforsythia.com/coming-back-podcast

What does life look like after the funeral? After the divorce is final? After the diagnosis? Whether your loss is a person, a relationship, a job, a pet, or a dream, loss shapes who you are and how you choose to live in the world. Join Shelby Forsythia, Intuitive Grief Guide as she explores the ideas, resources, and stories that help us "come back" to life after death, divorce, illness and more.

***DOUGY CENTER, THE: GRIEF OUT LOUD - www.dougy.org/news-media/podcasts**

Grief Out Loud is opening up this often avoided conversation because grief is hard enough without having to go through it alone. This is a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals. Platitude and cliché-free, we promise! Grief Out Loud is hosted by Jana DeCristofaro and produced by Dougy Center for Grieving Children & Families in Portland, Oregon.

DEALING WITH MY GRIEF - www.dealingwithmygrief.com/

Darwyn M. Dave's father died when he was 10 years old. As an adult, he has realized that he is not "over" his father's death. His podcast is a vehicle to discuss how to cope with grief and bereavement. "It is my hope that in creating this space I am able to connect with others who have lost someone close to them and can help them deal with their pain."

GOOD GRIEF - www.goodgriefpodcast.com/

A podcast hosted by Sam Sabin about reconnecting with the past and our attempts to make up for lost time. Sam's estranged dad died in January 2015. Season 1, I share my own story. In the weeks following my father's death, I learned two things: 1) He had a second family, and 2) that second family was me.

GRIEF IS A SNEAKY B.... - <https://lisakeefauver.com/podcast-gsb-1>

It's a show that explores the expansiveness and pervasiveness of grief in our lives - because let's face it, 100% of us experience grief, multiple times in our lives. I witnessed it time and time again in my career as a social worker and in my personal life too with the most significant loss being my husband in 2011. And yet, individually, and collectively, we're so grief-illiterate and that is causing us all harm. So, I'm on a mission to reimagine grief, one conversation at a time.

Podcasts, continued...

GRIEF Is my side hustle - www.meghanriordanjarvis.com/

After the death of her parents within 2 years of each other, trauma therapist, writer and podcast host Meghan, found herself on the receiving end of the same treatments she used with her own clients. Meghan and her guests discuss how little education and support has historically been given to grief education and explore the question she hears most often in her office, “aside from crying, what does it mean to grieve?”

***IT’S OK THAT YOU’RE NOT OK WITH MEGAN DEVINE - refugeingrief.com/podcasts**

Life is full of difficult things, from tiny everyday disappointments to life-altering events. Everyone’s at least a little bit Not OK, something grief expert and psychotherapist Megan Devine knows from the inside out. In wide ranging, insightful, deep conversations, Megan talks with people about their often invisible losses - and what they’ve learned about being seen and supported in difficult times.

WHAT’S YOUR GRIEF PODCAST - sites.libsyn.com/60694/website

In this podcast series Eleanor Haley and Litsa Williams, the two mental health professionals behind the grief website What’s Your Grief, seek to leave no stone unturned in demystifying the complicated and sometimes crazy experience of living life after loss. Grievers and grief professionals alike will find their approach practical, relatable, informative and engaging. Grief is sad and confusing, but your grief support doesn’t have to be.

WHERE’S THE GRIEF? - wheresthegrief.libsyn.com/

Death is an inevitable part of life, and yet it can be difficult and uncomfortable to talk about the process of grief amongst one’s peers. In this podcast comedian and bereaved sibling Jordon Ferber helps shine some light into the darkest parts of our own existence and encourage a more open discussion about grief.

VIDEOS

THE ADVENTURE OF GRIEF - TEDx Talk by Dr. Geoff Warburton - www.youtube.com/watch?v=juET61B1P98

Geoff challenges conventional apathy about grief and loss by offering an approach that evokes curiosity, openness and compassion. His approach synthesizes Eastern wisdom traditions, in-depth psychology and common sense. The emphasis of his message is towards thriving after loss - and not merely surviving. *Themes mentioned: death of a partner and death of a sibling.*

AGAINST GRIEVING IN SILENCE - TEDx Talk by Rachel Stephenson - www.youtube.com/watch?v=6zIFG15tPQQ

Rachel shares her perspective on how children grieve, from her own personal experience with the death of her mother as a 5 year old child and later in life through her children’s experience. She stresses that grief needs to be heard and that adults need to be honest about death with children. She shares what it means to her to grieve meaningfully. *Themes mentioned: death of a parent, both when young and adult and death due accident and substance-related.*

***BEYOND CLOSURE - TEDx Talk by Nancy Berns - www.youtube.com/watch?v=w0rCfXSdYPE**

Nancy Berns is a sociologist at Drake University. She looks at the space between grief and closure and has found that not only is closure a fabricated concept, it is doing us more harm than good. *Themes mentioned: death of a child.*

CHANGING THE WAY WE MOURN - TEDx Talk by Laura Prince - www.youtube.com/watch?v=T4oTIJ-4mIE

How do you go from world traveler to funeral counselor in the span of one phone call? Laura Prince explores the transformative power of grief, death, and her passion for changing the way we as a society approach death. *Themes mentioned: death of a friend from suicide, death of a sibling, honoring life, supporting people in grief, becoming a funeral director.*

GRIEF IS TO FEEL, NOT FIX - TEDx Talk by Brennan Wood - www.youtube.com/watch?v=ZN4zP5baJrg

Dealing with grief doesn’t mean forgetting or letting go. It means finding support to help manage and live with your memories and feelings. Brennan Wood knows this first-hand, from losing her mother at 12 years-old to eventually leading the very center that helped her to heal. Brennan reminds us that grief and love can exist side by side, and that we carry the people we’ve lost with us, always. *Themes mentioned: death from cancer, supporting grievers.*



Online Grief Videos, continued...

GRIEF, IT'S COMPLICATED...10% OF THE TIME - TEDx Talk by Susan Delaney -
www.youtube.com/watch?v=4GDTbtePHUU

There tends to be strong opinions about grief (myths of grief); how long it should take to heal, what helps the grief process, and whether every grief is complicated in its own way. Susan shares why our views are sometimes at odds with the research, the concept of complicated grief, and new approaches being developed to treat it.

GRIEF: WHAT EVERYONE SHOULD KNOW - TEDx Talk by Tanya Villanueva Tepper -
www.youtube.com/watch?v=BwPoqQPynEc

Tanya Tepper discusses her grief over her fiancé's death and how it has affected her life. Sharing her wisdom about grieving, Tanya talks about the misconceptions and misunderstanding she has encountered that surround our idea of what grief is. *Themes mentioned death on Sept. 11th.*

GOOD GRIEF! WHAT I LEARNED FROM LOSs - TEDx Talk by Elaine Mansfield -
www.youtube.com/watch?v=PBzEwf1k59Y

What if grief has something to teach us? Elaine shares about the death of her father when she was a small child and later the death of her husband and what she learned from both.

HOW DO OUR BRAINS HANDLE GRIEF? - TEDx Talk by Mary-Frances O'Connor -
www.youtube.com/watch?v=qBoKZAC9iil

Mary-Frances discusses how the human brain can create new pathways in order to learn what life is like after we experience a loss and become someone who carries both grief and the absence of another.

HOW GRIEF FEELS - TEDx Talk by Robbie Stamp - www.youtube.com/watch?v=6GfthkyzW5s

Robbie shares about the experience of grief, how it changes our perception of the world and how we can all support those who are grieving.

LOSS AND FOUND - TEDx Talk by Corrie Sirota - www.youtube.com/watch?v=PQ27tYEB74Y

Through her genuine compassion and profound insight into human nature, Corrie helps us transform the way we experience grief. She also offers invaluable tools for griever's in learning how to find life and hope, after loss.

MODERN GRIEF - TEDx Talk by Sophie Townsend - www.youtube.com/watch?v=k8gRvBb3jbI

As a widow, Sophie reflects on her own experiences of grief in an age where the personal expression and symbolism of loss has been largely lost.

SINGING OVER BONES - TEDx Talk by Dr. Kim Bateman - www.youtube.com/watch?v=P3hibkFclD0

Dr. Bateman will teach how to share, ritualize, and transform grief. Lifelines to the dead illustrates creative outcomes to mourning that allow one to recognize, contain, release, and yet stay in relationship and keep loving.

***SPEAKING GRIEF -** www.speakinggrief.org

Moving away from the idea that grief is a problem that needs to be "fixed," Speaking Grief validates the experience of griever's and guides those wishing to support them. There is no "right" way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience.

***TIME IS PRECIOUS - TEDx Talk by Victoria Milligan -** www.youtube.com/watch?v=DiZOH_ANTks

A speedboat accident left Victoria coping with grief, supporting her surviving children and adjusting to life with a disability. Victoria knows more than most how precious time is and will share how she has coped with this unimaginable tragedy and devastating loss. *Themes mentioned death*

***WE DON'T MOVE ON FROM GRIEF, WE MOVE FORWARD WITH IT - TEDx Talk by Nora McNerny -**
www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it

Heartbreaking and hilarious, writer and podcaster Nora McNerny shares her hard-earned wisdom about life and death after the death of her baby, father and husband (within 6 weeks of each other). She encourages us to shift how we approach grief. A grieving person is "going to move forward, but that doesn't mean that they've moved on."

Online Grief Videos, continued...

***WHEN SOMEONE YOU LOVE DIES, THERE IS NO SUCH THING AS MOVING ON -**

TEDx Talk by Kelley Lynn - www.youtube.com/watch?v=kYWICGbbDGI

Kelley talks about the death of her husband and the insensitive comments we hear after the death of a loved one. What if we don't let go of the love we have and "get over it" but instead live and share that love with others?

WHY KNOWING MORE ABOUT GRIEF CAN MAKE IT SUCK LESS - TEDx Talk by Lisa Keefauver -

www.youtube.com/watch?v=PYtwSU-qaWc

100% of us experience grief, multiple times in our lives, yet individually and collectively, we remain grief-illiterate. Grief activist Lisa Keefauver expands our narratives of grief by examining its most important components – the who, what, where, when, and why – so that we can reimagine grief with self-compassion and collective care.

FOR BEREAVED PARENTS

RESOURCES

A BED FOR MY HEART - www.abedformyheart.com

A haven for families who have experienced the loss of a child, at any age/gestation and from any cause of death. They believe in compassionate grief support, heart to heart, person to person, parent to parent, and believe a hearty mix of compassion, unconditional love and support can make the unbearable, bearable.

BEREAVED PARENTS OF THE USA - www.bereavedparentsusa.org

National non-profit self-help group that offers support, understanding, compassion and hope to bereaved parents, grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings.

AMERICAN CHILDHOOD CANCER ORGANIZATION - www.acco.org/bereavement/

A national organization whose mission is to educate, support, serve, and advocate for families of children of cancer. Perhaps you have found this page because your child has passed. Perhaps you have found this page because you fear they soon will. We hope our resources can bring you some guidance and comfort.

THE COMPASSIONATE FRIENDS (TCF) - www.compassionatefriends.org

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. TCF provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Private Facebook groups available.

GRIEVING DADS: TO THE BRINK AND BACK - www.grievingdads.com

A collection of survival stories by men who have survived the worst possible loss and lived to tell the tale.

MISS FOUNDATION - www.missfoundation.org/grieving

Provides a variety of resources and support to families struggling with traumatic grief after the death of a child.

NATIONAL ORGANIZATION OF PARENTS OF MURDERED CHILDREN (POMC) - www.pomc.org

POMC provides the on-going emotional support needed to help parents and other survivors facilitate the reconstruction of a "new life" and to promote a healthy resolution. Not only does POMC help survivors deal with their acute grief but also helps with the criminal justice system.

SUPPORT GROUPS

THE COMPASSIONATE FRIENDS (TCF) - www.compassionatefriends.org

Has in-person in many communities as well as virtual groups, private Facebook groups and online chat options.

HEALGRIEF - www.healgrief.org

Facilitated virtual support groups available for people ages 18+ each week, a dedicated group for bereaved parents.

LIFT FROM LOSS - childbereavement.org/support-groups/grief-support.html

Facilitated virtual support group with a dedicated group for bereaved parents. Adult groups also offered in Spanish. Groups meet in the evenings each week, all year round via Zoom.

PODCASTS

BEREAVED PARENT'S CLUB - www.bereavedparentsclub.org.uk

It's the club none of us want to be members of, but here we are. My name is Debbie, and I'm a bereaved parent and your host. Each episode will explore topics that have relevance to us as we navigate the world as bereaved parents. Whether your child was a baby, a youngster, a teenager, an adult, or even a parent themselves, you are welcome here.

Bereaved Parents, continued...

VIDEOS

HOW TO SPEAK ABOUT THE LOSS OF A CHILD - TEDx Talk by Penny Kreitze - www.youtube.com/watch?v=RV54J3JSdBg

Penny's life was devastated by the death of her 21 year old daughter Annais, when a huge oak branch fell on her. Her journey of grief takes her to an orphanage in Africa where the children give the most profound lessons in empathy and healing. She shares ideas about what to say and what not to say to a grieving parent and family.

HOW WE HEAL GRIEF - TEDx Talk by Ashley Jones - www.youtube.com/watch?v=rbFp5nSvsj0

From losing her daughter to growing Love Not Lost, Ashley has a lot of experience in death and grief; something she never thought would be in her bio. Yet, she's learned how to process, heal, and grow through the pain. It's her purpose in life to share that information with others and help them do the same.

BEREAVED PARENTS: PREGNANCY & INFANT LOSS

RESOURCES & SUPPORT GROUPS

AWAKENING GRACE FOUNDATION - www.awakeninggracefoundation.org

Supports families whose child has died during pregnancy or infancy, with care packages, grief retreats, burial garments, photography options, financial assistance and other support services - including a virtual support group the third Tuesday of the month at 7:30 p.m. CST.

FIRST CANDLE - www.firstcandle.org

Provides infant health and survival during the prenatal period through two years of age, through advocacy, education and research. Bereavement services and local chapters.

THE FLETCHER FOUNDATION - thefletcherfoundation.org

Provides hope and support for families after a miscarriage or stillbirth, as well as funds set aside to assist in paying hospital bills tied to the family's loss. Connect via Facebook: www.facebook.com/thefletcherfoundation, on Instagram: [the_fletcher_foundation](https://www.instagram.com/the_fletcher_foundation), or the website: thefletcherfoundation.org

HOPE AFTER LOSS - www.hopeafterloss.org

Offers the following support groups; TFMR, Pregnancy and Infant Loss, Parenting After Loss, TTC & Pregnancy After Loss, and Men's Support Group.

NO FOOT TOO SMALL (NFTS) - www.nofoottoosmall.org

Founded by Robin and Ryan Boudreau, inspired by the loss of their son Beau in 2013. Born out of a desire to draw awareness to pregnancy loss + infant mortality while encouraging the celebration of angels. For these families, we exist to offer the gift of time, community, and celebration. Offers a podcast, virtual support groups and more!

POSTPARTUM SUPPORT INTERNATIONAL - postpartum.net


Offers a variety of virtual support group options for those struggling with fertility, parenting after loss, perinatal and infant loss, and many more.

RACHEL'S GIFT - www.rachelsgift.org

Started in honor of Rachel who was stillborn, provides support designed for families enduring miscarriage, stillbirth, and infant death. Virtual support groups are led by counselors and social workers at no charge.

SIDS AMERICA - www.sidsamerica.org

A faith-based organization that provides hope, help, and healing to families grieving the loss of a child to Sudden Infant Death Syndrome (SIDS).



Bereaved Parents: Pregnancy & Infant Loss, continued...

STAR LEGACY FOUNDATION – starlegacyfoundation.org

Changing the conversation around perinatal loss and working to create a future where it does not exist. Our Family Support projects are open to and designed for all types of perinatal loss including miscarriage, stillbirth, ectopic pregnancy, infertility, neonatal death, prematurity, and others. Support provided includes virtual support groups, peer-to-peer support, phone and text support and more.

PODCASTS

DAD STILL STANDING - www.dadstillstanding.com/

Across three seasons of the podcast, the two dads - joined by guests along the way - discuss all of the issues that anyone who experiences baby loss will deal with. From the day it happens to returning to work, from the differences between mums and dads to pregnancy after loss.

GUYS AND GRIEF - guysandgrief.com

Hey fellas. Welcome to Guys and Grief. Our podcast was created to provide community and support for fathers like us who have experienced pregnancy or infant loss. We know firsthand the pain of losing a child. Out of pain, purpose, and necessity, Guys and Grief was created. We are honored to be a part of your journey.

NO FOOT TOO SMALL (NFTS) - <https://www.nofoottoosmall.org/podcast/>

Real stories of love, loss, and hope for bereaved parents and the people who support them.

VIDEOS

BREAKING THE SILENCE OF PREGNANCY LOSS - TEDx Talk by Tanika Dillard -

www.youtube.com/watch?v=o2BjsFkzSYU

We already know with death and loss comes deep pain and grief, but watch how Tanika Dillard turns the grief of miscarriage and stillbirth into triumph, tenacity and advocacy.

LET'S TALK ABOUT MISCARRIAGE - TEDx Talk by Regan Parker - www.youtube.com/watch?v=JxxB7io1MUw

In this profoundly courageous talk, Regan aims to change the way we talk about pregnancy loss and miscarriage. She confronts the unmentionable, gives a voice to the unspoken, and challenges a taboo topic in our culture.

OWNING OUR GRIEF - TEDx Talk by Alana Sheeren - www.youtube.com/watch?v=gqX3Ygy8NOo

Alana believes in love, beauty and the transformative power of grief. After the stillbirth of her son she began writing about her personal journey into grief and whole-self healing.

SILENTLY SUFFERING AFTER PREGNANCY LOSS - TEDx Talk by Cassandra Blomberg -

www.youtube.com/watch?v=l22udhFhsOE

Cassandra Blomberg combines her personal journey through pregnancy loss with research on miscarriage and stillbirth to explain why we need to break the silence surrounding this topic. She explains the emotions women and men may experience during pregnancy loss, how the loss can impact mental health and future children, and what we need to do to better support those going through it.

CHILDREN & TEEN GRIEF

RESOURCES

DOUGY CENTER - www.dougy.org

Provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. They provide support locally and internationally to those seeking to assist children in grief. There are a variety of resources on their website, including toolkits, activities, podcasts and more!

ELUNA - www.elunanetwork.org

To support children and families impacted by grief or addiction. Innovative resources and programs to address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to ease their pain and provide the tools to help restore hope.

LEARNING GRIEF - learninggrief.org

Learning Grief is a free online resource created to help you support kids and teens navigate the big feelings that come with loss. Whether you're a mentor, coach, youth leader, educator, or caregiver, you can use these tools to learn and model effective support—teaching kids how to navigate tough times and how to be there for their peers. People of all ages regularly encounter loss and grief on a regular basis. Kids and teens are no exception.

KESEM - www.kesem.org

Committed to creating a world where every child who has a parent with a cancer diagnosis or has lost a parent to cancer is never alone. We support these children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community.

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF (NACG) - www.nacg.org

No child should grieve alone. If you are supporting a child or teen who is grieving, the NACG is here to connect you to resources and local support. Through the alliance, the NACG provides a Grief Support Resource Library with tools for those supporting children and teens that are grieving. Additionally, they offer a variety of activities and workbooks for families, children and teens.

SUPPORT GROUPS

CHILDREN'S BEREAVEMENT CENTER (CBC) - childbereavement.org/support-groups/grief-support.html

Grief support groups for children (4+), teens, young adults and adults who have experienced the loss of a loved one. Peer grief support groups are open-ended. Participants may join groups at any time after attending an Orientation. Groups meet in the evenings each week, all year round via Zoom.

COMFORT ZONE CAMP - www.comfortzonecamp.org

Bereavement camp that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Offered to children 7-17, and are held year-round across the country. They also offer virtual support groups for children 10-17 in February and July.

PODCASTS

DOUGY CENTER, THE: GRIEF OUT LOUD - www.dougy.org/news-media/podcasts

This is a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals.



Children & Teen Grief, continued...

VIDEOS

BREAK THE SILENCE: LET'S TALK ABOUT GRIEF - TEDx Talk by Cate Murphy - www.youtube.com/watch?v=LSPY0rTIYpQ

This Talk invites us to reconsider how we support and engage with grieving children, highlighting the powers of compassion and empathy in the healing process.

HOW TO COMFORT A GRIEVING TEEN - TEDx Talk by Bridget Park - www.youtube.com/watch?v=ySeZLAqcnuo

Bridget Park is a high school senior from Reno, Nevada. Inspired by the death of her brother, Bridget wrote her debut memoir at the age of 15 in the hopes that her story would encourage others to find healthy ways of grieving. In this talk, Bridget shares her insight on how to comfort a grieving teen.

FOR TEENS

RESOURCES

SURVIVING LIFE AFTER A PARENT DIES - www.slapd.com

A non-profit organization that provides support and resources to young people who are coping with the death of a parent. It was created to provide a supportive community where users can discuss what they're going through during a difficult transition.

TALKGRIEF - www.talkgrief.org

Talk Grief is a dedicated online space for grieving teenagers and young adults (13 to 25), powered by the childhood bereavement charity Winston's Wish. Here you can learn from other young grieving people, find healthy ways to cope and feel less alone. You'll find out what it's really like to live with grief from teenagers and young adults, along with advice and tips on managing your grief from our bereavement experts.

TEENAGE GRIEF SUCKS - www.teenagegriefsucks.com

For grieving teens, by grieving teens. This community is unlike other resources for grieving teens, as almost all of the content provided is written by teenagers themselves. Teens are able to read stories written by kids their age about subjects such as school and social lives, and are even able to share their own grief stories.

PODCASTS

GRIEF IN COMMON - www.talkgrief.org

For those aged 13 and up - Listen to young people from different backgrounds and experiences have honest conversations about their grief and their feelings on our podcast. It's called Grief in Common and run by the Winston's Wish Youth Team (the charity that powers Talk Grief). We hope to provide comfort, give you confidence to talk about your own grief journey and make you feel less alone. Listen wherever you get your podcasts or on the website: www.talkgrief.org

DEATH OF A PARTNER

RESOURCES

AARP/WIDOWED PERSONS SERVICE - www.aarp.org

AARP is a nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives.

MODERN WIDOWS CLUB - modernwidowsclub.org

A movement for widow care dedicated to providing women with essential health tools, supporting them as they transition from the pain of loss to a future filled with growth and empowerment.

SOARING SPIRITS - www.soaringspirits.org

Soaring Spirits has one goal; to connect widowed people with each other. Resources include: information for newly widowed people, regional support groups, online community, Camp Widow, blogs by other widowed people and even a pen pal program.

Death of a Partner, continued...

***WIDOWED PARENT INSTITUTE - widowedparentinstitute.com**

Brings clear, practical information, resources, and support to moms and dads who are raising grieving kids and teens. Also features The Widowed Parent Podcast, by Jenny Lisk.

WIDOWED PARENT PROJECT - www.widowedparent.org

The Widowed Parent project is committed to supporting widowed mothers and fathers with children in the home. Their focus includes all widowed parents regardless of cause of death. This website and the current research project are our latest efforts to support – and learn about – widowed parents whose needs have been overlooked.

SUPPORT GROUPS

HEALGRIEF - www.healgrief.org

Facilitated virtual support groups available for people ages 18+ each week, with a dedicated death of a partner group.

HEARTLIGHT CENTER - www.heartlightcenter.org/virtual-programs/

Virtual grief support groups, including dedicated support group for death of a partner.

ST. CROIX HOSPICE GRIEF SUPPORT - <https://www.stcroixhospice.com/bereavement-support/>

Virtual grief support groups, including dedicated support group for Anticipatory Grief, Caregiver Support, Loss from Cancer, Spousal Support, and Loss from Dementia.

PODCASTS

THE WIDOWED PARENT PODCAST - hosted by Jenny Lisk - <https://widowedparentinstitute.com/podcast>

VIDEOS

THE CURE FOR GRIEF - TEDx Talk by Norah Casey - www.youtube.com/watch?v=D2R0e70mpYQ

After trying to pick herself back up after the death of her husband, Norah shares how she felt she wasn't "doing it right" because she wasn't hitting the stages of grief. Norah shares how those preconceived notions on how to grieve properly can make a griever feel like they are failing. She shares what she says is the cure for grief.

LOOKING AT THE OTHER SIDE OF GRIEF - TEDx Talk by May Jones - www.youtube.com/watch?v=cTJRjx9yHGU

Join May as she talks of a lurking monster: grief. Follow her story of how she dealt with this monster after the death of her husband, ultimately leading her to find her satisfaction and solace through gardening and farming. May shows us how deep grief can be transformed into strong passion and purpose, giving us freedom we can celebrate.

GETTING UNSTUCK FROM GRIEF TO LIVE LIFE - TEDx Talk by Michelle Meadors -

www.youtube.com/watch?v=FiqjM7PHZHw

Managing through challenges and difficulties while seeing a positive future ahead is critical to overall health and wellness. Dealing with the loss of family members while understanding there is more life to live. *Other themes mentioned death of her husband and mother a few weeks apart.*

MORE THAN GRIEF: HOW SEVEN FATHERS REIMAGINED LIFE AFTER LOSS - TEDx Talk by Justin Yopp -

www.ted.com/talks/justin_yopp_more_than_grief_how_seven_fathers_reimagined_life_after_loss

When grieving widowers came together to share their losses, they gained tools to help them do the unimaginable: reimagine lives without their wives.



Death of a Partner Videos, continued...

MY JOURNEY OF DEALING WITH GRIEF - TEDx Talk by Simon Hancox -

www.youtube.com/watch?v=oPk3mevJ8yQ

Simon shares about the death of his wife, raising their young children on his own, finding support in others, and established Annabel's Angels in his wife's name.

WHAT FORTY STEPS TAUGHT ME ABOUT LOVE AND GRIEF - TEDx Talk by Tembi Locke -

www.youtube.com/watch?v=Z65fSOI57Mo

Actress and advocate Tembi Locke shares her passionate love affair with her husband and the heart-rending diagnosis that taught her how grief can transform.

THRIVING AFTER LOSS - TEDx Talk by Amy Looney - www.youtube.com/watch?v=N8UPa4kImIY

After the death of her husband, Amy describes the struggles that come with grief. She explains the importance of not just coping but learning how to thrive. Amy is dedicated to carrying on the legacy of her late husband and friend.

PET LOSS

RESOURCES

ASSOCIATION FOR PET LOSS AND BEREAVEMENT - www.aplb.org/support/

Navigating the waters after the loss of your beloved pet can be difficult. Here we have created a list of support topics to help you get started. You are not alone. Available for free; a chat room, information regarding euthanasia, extensive bibliography and directory of services. Other services available for a fee.

CHANCE'S SPOT - www.chancespot.org

Chance's Spot provides an online support group, publications on pet loss, hotline numbers, referrals and an online tributes page where pet caregivers can post tributes to their departed pets.

RAINBOW BRIDGE PET LOSS GRIEF CENTER - www.rainbowsbridge.com

Rainbow Bridge takes the death of a pet very seriously. You are not alone with your grief. You will share a bond with those who have also lost a loved pet. Though we cannot bring back our loved ones, we do have comfort in knowing they are waiting for us to join them once again at Rainbow Bridge.

SUPPORT GROUPS

HAMILTON'S PET LOSS SUPPORT - www.HamiltonsFuneralHome.com/pet-services/pet-loss-support-group

This is a grief support group for adults who have lost a beloved pet. Our goal is to provide a space where your grief can be shared and validated by others who understand. This group meets via Zoom. For more information or questions, HFHAcademy@HamiltonsFuneralHome.com

BALTIMORE HUMANE SOCIETY - bmorehumane.org/cemetery-services/bereavement-counseling-and-support/

Bereavement counseling and support - Offers several different resources, including; downloadable guides, helpful video content about dealing with loss as well as a monthly Bereavement Support Group. For anyone whose pet has died, who has been lost, or is ailing/aging is welcome to join the group. The group meets the first Tuesday evening of each month from 7:00 p.m. to 9:00 p.m. ET (6:00 p.m. to 8:00 p.m. CT).

LIFT FROM LOSS - <https://childbereavement.org/support-groups/adult-groups/pet-loss.html>

Pet Loss Support Group - Meets twice each month on the first and third Thursday at 7:00 p.m. ET (6:00 p.m. CT) and registration is required. To register or for more information visit the link above.

DOVELEWIS - www.dovelewis.org/pet-owners/pet-loss-support

If ever there was a place that appreciates how important your pet was to your family, it's here. See what options there are to connect with other owners or process your grief. Located in Portland, Oregon and has in-person groups as well as virtual groups where people from anywhere can join to share in the grief experienced with the loss of a pet.

Pet Loss, continued...

PODCASTS

THE PET LOSS COMPANION - www.youtube.com/@thepetlosscompanion6602?si=OLaSp6Y3VXdoz_E1

The Pet Loss Companion on YouTube hosts videos by family therapists Ken Dolan-Del Vecchio and Nancy Saxton-Lopez, authors of the bestselling book by the same title. We share thoughts, recommendations, and reflections that help viewers with the loss of their animal companions and celebrate the gifts received by those of us lucky enough to share our lives with beloved animal friends.

VIDEOS

THE EMOTIONAL COSTS OF EUTHANASIA - www.youtube.com/watch?v=Jh-KKjJHfk

Euthanasia is a decision that will echo in your mind long after the event. This talk explains that echo and why it occurs. Sarah has worked as an emergency doctor throughout her veterinary career and feels her most important task is translating the medical diagnosis into a more understandable context for the family so they can make decisions feeling empowered instead of overwhelmed.

GRIEF: AS UNIQUE AS YOUR HEARTBEAT - TEDx Talk by Jennifer Muldowney -

www.youtube.com/watch?v=iNiCNz-7Ssg

Jennifer Muldowney shares how we grieve over those we love and that doesn't change if it is a person or an animal. Loss is loss. We are each unique and so is our grief and urges viewers to go easy on one another.

THE INVISIBLE LEASH - www.youtube.com/watch?v=hEUdo3y7C9E

Read aloud of the book "The Invisible Leash" by Patrice Karst, a beautiful book about the death of a pet.

PET LOSS GRIEF; THE PAIN EXPLAINED - www.youtube.com/watch?v=TkJGhQANjZo

The grief of losing a pet is crushing; and yet it is too often minimized. This talk explains why the pain of pet loss is different and why it is valid. Dr. Hoggan has been an emergency veterinarian for over 20 years. Her career of dealing with critically injured pets, and their families, gives her a compassionate perspective that only comes with experience.

DEATH OF A SIBLING

RESOURCES

LOSS OF A LIFETIME - <https://www.lossofalifetime.com/>

Acknowledging the grief of sibling loss. There are several resources on the website including a memory wall to share about your sibling who died.

SIBLING GRIEF CLUB - <https://siblinggriefclub.com/>

Navigate your individual grief journey with a community of grievers. Founded by 3 sisters whose younger sister died suddenly. "It is our hope that you will come here, allow us to take you by the hand and walk with you on your grief journey. It is also our hope that here you will find what it is you are looking for, because we did."

SIBLING SURVIVORS OF SUICIDE LOSS - www.siblingsurvivors.com

Provides a safe place for anyone who has lost a sister or brother to suicide. It's a place to share memories, discuss your feelings and experiences, to share photos, and a place to connect with others who also miss their sister or brother.

TWINLESS TWINS INTERNATIONAL - www.twinlesstwins.org

Twinless Twins Support Group, International (TTSGI) exists to provide a safe and compassionate community for twinless twins to experience healing and understanding. They provide support for twins and other multiples who have lost their twin due to death or estrangement at any age.



Death of a Sibling, continued...

SUPPORT GROUPS

THE COMPASSIONATE FRIENDS - Siblings private Facebook Group: www.facebook.com/groups/tcfsibs/
TCF Private Sibling Facebook Group is for bereaved siblings. As bereaved siblings, our grief can be over looked or forgotten. Our goal to let you know you are not forgotten and there is hope.

HEARTLIGHT CENTER - www.heartlightcenter.org/virtual-programs/
Virtual grief support groups, including dedicated support group for death of a sibling.

HEALGRIEF - www.healgrief.org
Facilitated virtual support groups available for people ages 18+ each week, with a dedicated death of a sibling group.

PODCASTS

THE BROKEN PACK - <https://thebrokenpack.com/podcast/>
An organization supporting adult sibling loss survivors. Some offerings include; a podcast, newsletter, and developing additional resources.

LAST DAY - Season One - <https://lemonadamedia.com/show/lastday/>
In Episode one, meet Stephanie Wittels Wachs, host of Last Day, and sister of the late Harris Wittels, comedian-writer-producer-actor, who died in 2015 of a heroin overdose.

THE SURVIVING SIBLINGS PODCAST - www.thesurvivingsiblings.com/
This podcast is for you whether you have lost a brother or sister or if you are wanting to understand and support someone who has.

LGBTQ+ GRIEF SUPPORT

SUPPORT GROUPS

LGBTQ GRIEF LOSS SUPPORT - www.facebook.com/groups/LGBTgriefsupport
A safe, caring place for Gay, Lesbian, B, TG, Q people to grieve & share the loss of someone you love, & hopefully find some support. Our group is focused mainly on the passing of a loved one.

THE LOFT: LGBTQ+ CENTER - www.loftgaycenter.org/grief_and_loss_discussion_support_group
This discussion and support group is for members of the LGBTQ+ community to have a safe space to grieve and discuss the feelings of loss they are experiencing. This is an ongoing series of discussions with mental health provider. LOFT Peer Support Groups are open topic, drop-in groups. Groups are led by facilitators who identify as peers with those in attendance. There is no need to preregister and no fee to attend.

HEARTLIGHT CENTER - www.heartlightcenter.org/virtual-programs/
Virtual grief support groups, including a dedicated LGBTQ+ grief support.

HOPEHEALTH HOSPICE - www.hopehealthco.org/services/hospice-care/grief-support
Virtual support group led by a specially trained facilitator. This group provides a safe, confidential and supportive setting for individuals experiencing grief related to loss. Email: CenterforHopeandHealing@HopeHealthCo.org

TRAUMATIC DEATH: SUICIDE, HOMICIDE, SUBSTANCE-RELATED & ACCIDENTS

RESOURCES

ALLIANCE OF HOPE FOR SUICIDE LOSS SURVIVORS - www.allianceofhope.org

We believe no suicide loss survivor should go without support. Since 2008, the Alliance of Hope has been working to decrease stigma, increase understanding of the suicide loss experience, and provide direct support to survivors.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION - www.afsp.org

The nation's leading organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. Individuals, families, and communities who have been personally touched by suicide are the moving force behind everything we do.

CONCERNS OF POLICE SURVIVORS, INC. (COPS) - www.nationalcops.org

Provides peer support to surviving families of law enforcement officers killed in the line of duty.

DROWNING SUPPORT NETWORK - www.drowningsupportnetwork.wordpress.com

The Drowning Support Network is a peer support group for people who have lost loved ones in drownings or other aquatic accidents, including when no physical remains have been recovered, or the recovery process has been lengthy and difficult.

ELUNA - www.elunanetwork.org

The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance misuse in their family.

GRIEF RECOVERY AFTER A SUBSTANCE PASSING (GRASP) - www.grasphelp.org

For those that have lost someone to substance use or addiction.

MADD (MOTHERS AGAINST DRUNK DRIVING) - www.madd.org

The mission is to stop drunk driving, support victims of this violent crime, and prevent underage drinking.

NATIONAL CENTER FOR VICTIMS OF CRIME - www.victimsofcrime.org

They are dedicated to serving individuals, families, and communities harmed by crime. Advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues.

NATIONAL ORGANIZATION OF PARENTS OF MURDERED CHILDREN (POMC) - www.pomc.org

Organization of parents whose children have been murdered. Complete listing under Bereaved Parent section.

SAFE HORIZON - www.safehorizon.org

Provides support, prevents violence, and promotes justice for victims of crime, their families and communities.

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS, INC. (TAPS) - www.taps.org

National non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. They offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover. Online webinars on a variety of grief and loss topics, free and for everyone.

SUPPORT GROUPS

HEARTLIGHT CENTER - www.heartlightcenter.org/virtual-programs/

Virtual grief support groups, including; sudden & traumatic loss, suicide loss, and substance-related loss.

HOMICIDE SURVIVORS INC. - homicidesurvivorsinc.org

On a mission to help meet the crisis and long term needs of families of murder victims through support, advocacy, and assistance. Also offers virtual support groups for homicide survivors. For more information on upcoming groups:

homicidesurvivorsinc.org/events/



Traumatic Death, continued...

PODCASTS

LAST DAY - www.lemonadamedia.com/show/last-day/

Host Stephanie Wittels Wachs sits down with a new guest to explore happy/sad stories of survival, resilience, and transformation. After three seasons of exploring the “last day” of people’s lives in an effort to understand mass epidemics, Steph was ready for a change herself. Some “last days” are hopeful. Some are tragic. But at the heart of every “last day” is also a new beginning.

VIDEOS

***EVERYTHING AROUND THEM IS STILL THERE, DEALING WITH SUDDEN LOSS** -

TEDx Talk by Marieke Poelmann - www.youtube.com/watch?v=ztnn8W4qE2o

Marieke talks about the traumatic death of her parents in a plane crash when she was 22 year old. She shares three life lessons she learned after the trauma she has endured.

USE YOUR TRAGEDY TO CHANGE THE WORLD - TEDx Talk by Karen Millsap -

www.youtube.com/watch?v=BypYSAzxyY&t=302s

As a 29 year old, Karen suddenly became a widow when her husband was murdered. We are all connected through our struggles. This realization ignited Karen’s desire to turn her pain into purpose and pay it forward to help others.

THE WAY WE THINK ABOUT LOSS AND GRIEF IS DEAD WRONG - TEDx Talk by Julia A. Nicholson -

www.youtube.com/watch?v=WeM_Whnc8Gs

A framework anyone can use to triumph over the smallest loss and the most profound grief. Julia has faced an inordinate amount of tragedy and loss in her life. Those experiences unwittingly led her to discover a unique perspective on grief and loss - more specifically, a way to process it and thrive in the face of the unthinkable.

YOU’RE STILL HERE: LIVING AFTER SUICIDE - TEDx Talk by Amy Biancolli -

www.youtube.com/watch?v=R3FKQNSYoxw

Amy, who lost both her husband and her sister to suicide, talks about surviving those blows. Amy tells some of her own story, including her decision to write about a personal subject so often hushed in public.

*If you are in crisis, please call 988 or text 741-741 to get support from a trained crisis counselor.
Please remember you matter and there is help available.*



HAMILTON'S

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Hamiltons@HamiltonsFuneralHome.com • www.HamiltonsFuneralHome.com