



Community Resource Booklet

grief support for all ages

*Current Booklet also available on-line at:
www.HamiltonsFuneralHome.com*

November 2010

Community Resource Booklet

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(Services are free, on a sliding-fee scale, or for a minimal fee)

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GENERAL SERVICES

AMANDA THE PANDA SUPPORT GROUPS

Adults and youth ages 6-17 grieving the death of a loved one meet with two facilitators per group for 8 weeks on Monday evenings in the fall, winter and/or spring. Participants and leaders meet for dinner at 6:00 p.m. in age-appropriate groups for discussion and activities geared towards peer support and grief education. Sessions conclude at 7:30 p.m. No charge. www.amandathepanda.org

1000 73rd St., Suite 12, Windsor Heights, IA 50324

Contact: Charlene "Charlie" Kiesling.....(515) 223-HUGS (4847)

CANDLES OF HOPE AND MEMORIAL WEEKEND SERVICES

Events held twice yearly surrounding Christmas and Memorial Day at the Ankeny First United Methodist Church Chapel. Offered by Ankeny First United Methodist Church. Call for event dates. Public welcome. No charge.

206 SW Walnut, Ankeny, IA 50021

Contact: Susan Baldwin susan.baldwin@ankenyfumc.org(515) 964-4249

Carla Evers Carla.evers@ankenyfumc.org.....(515) 964-4249, ext. 124

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/(877) 577-2888

CHILDREN'S CANCER CONNECTION

Provides camps for children who have/had cancer, siblings of children with cancer and families coping with cancer. The goal of the organization is to enhance the quality of life for children with cancer by providing programs for recreation, education, and family support. Support group available for parents touched by childhood cancer - whether the child is on treatment, off treatment, or has died. 1221 Center Street, Suite 12, Des Moines, IA 50309 www.childrenscancerconnection.org

Contact: Channon Timm Channon@childrenscancerconnection.org(515) 243-6239, ext. 1104

HAMILTON'S ACADEMY OF GRIEF & LOSS

A division of Hamilton's Funeral Home, the *Academy* offers Grief Information and Resources, Grief-Recovery Services, and Grief-Related Education to anyone in the community, children as well as adults. (Note specific program information throughout this listing.) Also available to the community is our **Grief Resource Library** which houses an extensive collection of books, periodicals, brochures and videos for all ages pertaining to grief and loss issues. The library is open every day, and materials may be checked out for a two week period.

Locations: Hamilton's Funeral Home, 605 Lyon Street, Des Moines, IA 50309

www.HamiltonsFuneralHome.com

Hamilton's Westtown, 3601 Westtown Parkway, West Des Moines, IA 50266

Contact: Trudy Holman(515) 697-3666

HAMILTON'S FAMILY SERVICES SYMPOSIUM: "COPING WITH GRIEF"

Offered by *Hamilton's Academy of Grief & Loss*:

Twice yearly speakers address the topic: "Coping with Grief", offering practical suggestions to adults who have experienced a death. Representatives from community support organizations are also available to offer information about the services they provide. No charge. www.HamiltonsFuneralHome.com

Contact: Trudy Holman(515) 697-3666



General Services continued...

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 is available for those who wish to pre-pay their arrangements - funding options include bank trusts and insurance funding (including guaranteed funeral cost contracts), both of which meet Title 19 criteria.

Hamilton's Funeral Home, 605 Lyon St., Des Moines, IA 50309 www.HamiltonsFuneralHome.com

Contacts: Scott Eriksen, Division Director.....(515) 697-3670
Robert Christensen(515) 697-3671
Kathy Dunbar.....(515) 697-3681
Bob Peitzman.....(515) 697-3669

HOSPICE OF CENTRAL IOWA

Hospice offers a variety of grief support and educational services for children, adolescents, and adults. (Note specific program information throughout this listing.)

401 Railroad Place, West Des Moines, IA 50265. www.hospiceofcentraliowa.org

Contacts: Bereavement Counselors(515) 274-3400

HORIZON'S SURVIVORS PROGRAM

Serving loved ones of homicide or vehicular homicide victims in 23 counties in eastern Iowa.

Email: bjfranklin@horizonsfamily.org

Information.....(319) 398-3943

IOWA DONOR NETWORK (IDN)

Iowa Donor Network's Family Support Services is dedicated to serving the unique needs of organ and tissue donor families. Services are designed to empower families so they may integrate the death and donation of their loved one's organs and/or tissues into their lives. IDN's support services include providing literature that relates to the grief process and to organ/tissue donation, opportunities to commemorate loved ones through memorial projects, and information on special donor family events and activities.

550 Madison Avenue, North Liberty, IA 52317

Contact: Family Support Services.....(800) 831-4131

IOWA HEALTH HOSPICE

Hospice Bereavement Services are available to Hospice families as well as anyone in the community. Services include educational and support groups, as well as assistance with answering individual concerns or questions regarding coping with grief. All services are available at no charge. 11333 Aurora Ave., Urbandale, IA 50322

Contact: Tricia Tentinger(515) 557-3169

IOWA HOSPICE BEREAVEMENT SERVICES

- **Monthly Support Group** - Call Iowa Hospice for information about monthly support group.
- **Beads of Love, Beads of Remembrance** - Come together to create a meaningful keepsake in memory of a loved one. Beads of many different colors and textures will be used, along with charms that add special meaning as we remember our loved ones. No previous experience necessary - anyone can be taught! Great for people of all ages. Bring a friend; this is a time for creativity, relaxation and support. Takes place Tuesday, May 10, 2011 from 5:30-7:30 p.m. No charge.

Please RSVP so that we can ensure adequate supplies at (515) 276-6696.

Iowa Hospice, 5650 NW Johnston Drive, Suite E, Johnston, IA 50131. www.iowa-hospice.com

Contact: Katherine Doty Katie.doty@iowa-hospice.com.....(515) 276-6696

General Services continued...

MERCY FRANKLIN CENTER

Offers mental health and substance abuse treatment services for individuals of all ages and their families. Services are provided with complete confidentiality. Service providers can help identify the options available for treatment and help develop a plan most in tune with the family’s needs. (re: grief & loss, anger control, depression, stress management.)

1818 48th Street, Des Moines, IA 50310

Contact: Help Center(515) 271-6111/(866) 595-4959

MOMENTS REMEMBERED - MEMORIAL EVENT by Iowa Health Hospice

Yearly open house inviting you to actively remember your loved one.

Contact: Tricia Tentinger(515) 557-3169

STATE OF IA CRIME VICTIM COMPENSATION PROGRAM

Financial assistance for crime victims including: medical, homicide survivor counseling, lost wages, loss of support, mileage/transportation for family, funeral & burial expenses. Can complete applications by telephone.

321 East 12th, Room 18, Lucas State Office Bldg., Des Moines, IA 50319 www.state.ia.us/government/ag/cva/html

Contact: Mary Kay Bartine(515) 281-5044/(800) 373-5044

SURVIVING THE HOLIDAYS - by Gloria Dei Lutheran Church

A grief seminar for helping people through the holidays. Begins at 6 p.m. with a meal followed by small groups at 6:30 p.m. Date: November 18, 2010 from 6 p.m. to 8 p.m.

Gloria Dei Lutheran Church, 8301 Aurora Ave., Urbandale, IA 50322. www.gloriadeionline.com

Information.....(515) 276-1700

VICTIM RESOURCE OFFICER

Police 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.

Des Moines Police Dept. 25 E. First St., Des Moines, IA 50309-4891

Contact: Detective Dennis O'Donnell(515) 237-1502
weekends/holidays - (515) 283-4811

GRIEF COUNSELING

CATHOLIC CHARITIES

Licensed, professional therapists provide supportive relationships to individuals, couples and families struggling with a variety of issues including grief, anxiety, depression, marital conflict, chronic physical illness, work-related stress and economic uncertainty. Counselors work with people of all faiths and offer services in several Des Moines metro locations. Daytime and evening appointments available.

601 Grand Avenue, Des Moines, IA 50309 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 Ave., Des Moines, IA

Contact: Pat Rogness(515) 697-7978



Grief Counseling continued...

DES MOINES PASTORAL COUNSELING CENTER

Offering Hope and Healing through Counseling. The Center has 24 licensed therapists who provide counseling for grief and loss. They also help with anxiety, depression, stress, self-esteem, relationship problems, parent-child issues, and spiritual matters. Our compassionate counselors take a mind/body/spirit approach to helping individual adults, couples, and families to live more fully. The Center is an independent non-profit organization providing counseling through insurance and on a sliding scale/ability-to-pay basis. Office hours 8-6 Mon-Fri, evening hours available.

2929 Westown Parkway, Suite 110, West Des Moines 50266. (Satellite offices in Ankeny, Lamoni, Leon, Mt. Ayr, and Osceola) The Center's new location in January 2011: 8553 Urbandale Ave., Urbandale 50322

E-mail: info@dmpcc.org Website: www.dmpcc.org

Information.....(515) 274-4006

EYERLY-BALL, AN AFFILIATE OF BEHAVIORAL HEALTH RESOURCES

Provides outpatient individual, family, and group psychotherapy. Major insurances accepted and sliding fee scale available. Serves persons 17 years and older. Main Office: 1301 Center St., Des Moines, IA 50309

Warren County Office: 301 N. Buxton, Suite 203, Indianola, IA 50125, (515) 961-1074

Contact: Larry Hejtmanek(515) 243-5181

POLK COUNTY CRISIS AND ADVOCACY SERVICES (PCCAS)

PCCAS provides a continuum of proactive services and advocacy to victims/survivors of violent crime through crisis intervention, counseling, court advocacy and ongoing supportive services. Our Homicide Survivor Support Group and Our Coping After Suicide Group are safe and welcoming places where grief, sadness, mourning and hope are all part of the healing journey. Art Therapy services are available for children that have been victimized by or a witness to violent crime.

Polk County River Place, 2309 Euclid Avenue, Des Moines, IA 50310

Contact:(515)286-3600

SUPPORT GROUPS

ALZHEIMER'S ASSOCIATION GREATER IOWA CHAPTER

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. Call the Association for times and dates of upcoming meetings, programs, and events. A speaker is available for your group or organization. Office hours: M-F, 8-4:30. 24 hour toll-free help-line.

1730 28th St., West Des Moines, IA 50266

Contact: Polly Johnston(515) 440-2722/(800) 272-3900

AMANDA THE PANDA SUPPORT GROUPS

Adults and youth ages 6-17 grieving the death of a loved one meet with two facilitators per group for 8 weeks on Monday evenings in the fall, winter and/or spring. Participants and leaders meet for dinner at 6:00 p.m. in age-appropriate groups for discussion and activities geared towards peer support and grief education. Sessions conclude at 7:30 p.m. No charge. www.amandathepanda.org

1000 73rd St., Suite 12, Windsor Heights, IA 50324

Contact: Charlene "Charlie" Kiesling..... (515) 223-HUGS (4847)

BEGINNING EXPERIENCE

The Beginning Experience weekend program helps grieving single-again persons move from the darkness of grief into the light of a new beginning, and move into the future with renewed hope. The program helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth. Three weekend programs are provided each year. The upcoming dates are: January 21-23, 2011, April 1-3, 2011 and September 16-18, 2011. 601 Grand Ave., Des Moines, IA 50309

Contact: Cleo Scheidel (515) 986-5783



Support Groups continued...

CLUB HOPE by Children's Cancer Connection

Support group for parents touched by childhood cancer - whether the child is on treatment, off treatment, or has died. 1221 Center Street, Suite 12, Des Moines, IA 50309 www.childrenscancerconnection.org

Contact: Channon Timm Channon@childrenscancerconnection.org(515) 243-6239, ext. 1104

GRIEFSHARE - Ankeny

GriefShare is a biblically based video seminar/support group for people who are grieving the death of a loved one. The series is offered twice a year, in the spring and fall. Activities take place at Ankeny First United Methodist Church, 206 SW Walnut, Ankeny, IA 50021. Please contact the church office to register.

Contact: Carla Evers carla.evers@ankenyfumc.org(515) 964-4249

GRIEFSHARE - Urbandale

GriefShare is a biblically based video seminar/support group for people who are grieving the death of a loved one. Activities take place at Gloria Dei Lutheran Church, 8301 Aurora Ave., Urbandale, IA 50322. www.gloriadeionline.com

Contact: Pastor Tim Phillips tphillips@gloriadeionline.com(515) 276-1700

GRIEFSHARE - West Des Moines

GriefShare is a biblically based video seminar/support group for people who are grieving the death of a loved one. The group meets two times per year for 13 weeks, on Tuesday evenings from 6:30-8:30 p.m. Activities take place at Lutheran Church of Hope, 925 Jordan Drive, West Des Moines, IA 50266.

Contact: Kolette Nelson kolette.nelson@hopewdm.org(515) 222-1520

GRIEF SUPPORT GROUP by SouthernCare Hospice

A grief support group for those who are grieving the death of a loved one. Meets monthly. No pre-registration. There is no start date or end date. Come for as many sessions as you would like. Meets every second Wednesday of the month from 1:00-3:00 p.m. at the SouthernCare Hospice office, 2900 100th Street (Ashland Point Bldg.), Suite 103, Urbandale, IA 50322. e-mail: dtiffany@southerncaresinc.com

Contact: Rev. Doug Tiffany, Chaplain.....(515) 727-8011 or (866) 902-1310

MERCY HOSPICE BEREAVEMENT SERVICES

- **“Soup Tuesday”** - an opportunity to share a simple meal with others who have experienced the death of a loved one. Held the first Tuesday of every month, 5:30-7:00 p.m. at Mercy Hospice-Johnston, 5820 Winwood Drive, Johnston, IA 50131.
- **“Comfort and Coffee”** - a monthly drop-in grief support group. Meets the first Friday of each month, 10 a.m., Mercy Hospice-Johnston, 5820 Winwood Drive, Johnston, IA 50131.
- **“The Men’s Group”** - a gender-specific grief group for men who have experienced the loss of a loved one: spouse, parent, child, friend. Typically meets every third Saturday morning from 9 - 11 a.m. Breakfast and discussion.
- **“Pathways through Grief”** - a multi-session grief education program offered several times throughout the year. Classes limited to 12.
- **“No Time to Grieve, I’m Parenting”** - a monthly support group for younger (30’s, 40’s, early 50’s) adults whose spouse has died and who have the sole responsibility of parenting young children, adolescents or college-aged children. Meets every third Wednesday, from 6:30 - 8:30 p.m. at the Healthy Living Center (YMCA), 12493 University Avenue, Clive, IA.
- **“Managing Grief During the Holidays”** - offers positive, creative suggestions for living through the holidays while experiencing the loss of a family member. Typically offered in early November.

For more information, or to make reservations for any of the programs listed above, please send an e-mail to mcasey@mercydesmoines.org or:

Contact: Mary Kay Casey(515) 643-6147



Support Groups continued...

MADD (MOTHERS AGAINST DRUNK DRIVING)

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.

Contact:.....(800) GET-MADD

SEASONS OF GRIEF by Iowa Health Hospice

Grief support group for adults over age 18. Group meets the first Monday of every month. Group is offered twice on that day from 10:00 - Noon at Iowa Lutheran Hospital and 6:30-8:30 p.m. at 11333 Aurora Ave., Urbandale, IA 50322. No charge.

Contact: Tricia Tentinger(515) 557-3169

- **“Supper Gathering”** - Adults who are grieving the death of a loved one gather at a designated restaurant at 6:30 p.m. on the third Monday of alternating months. Supper is ‘Dutch Treat’ ordered from menu. Pre-registration required. Supper Gathering provides socializing opportunity for people interested in Seasons of Grief (See above). No Charge.

Contact: Tricia Tentinger(515) 557-3169

STEPPING STONES by Iowa Health Hospice

Four sessions that provide basic information about the emotional and physical aspects of the grieving process. Offered on Thursdays in March, July & October from 10 - Noon at Iowa Lutheran Hospital and again from 6:30-8:30 p.m. at 11333 Aurora Ave., Urbandale, IA 50322. No charge.

Contact: Tricia Tentinger(515) 557-3169

TOUCHING OUR GRIEF (T.O.G.) by Hospice of Central Iowa

Ongoing educational grief support sessions for adults surviving the death of someone loved. Support group available in West Des Moines. No charge. Call for dates, times and locations of groups outside of West Des Moines. 401 Railroad Place, West Des Moines, IA 50265. www.hospiceofcentraliowa.org

Contact: Bereavement Counselors(515) 274-3400

WIDOWED PERSONS

LIFE AFTER DEATH OF A SPOUSE (LADOS)

Meets the second Sunday of the month at 7 p.m. at Plymouth Congregational Church, 42nd St. and Ingersoll, DM, for compassion, education and fellowship. In addition to the meetings there are dinners, special events and other social activities.

- **“Don’t Eat Alone”** every Tues. at 5:30 p.m. at the Olive Garden on Westown Parkway in West Des Moines. Sponsored by DMARC & LADOS.

Contacts: Eunice.....(515) 276-9242

Chris(515) 277-8556

RETREATS FOR WIDOWED PERSONS

- **“One Der Full Weekend.”** This retreat is held each April at Pilgrim Heights Camp (near Tama-Toledo). Keynote speakers, workshops, and fun activities.
- **“Fun Day.”** Held every October at Pilgrim Heights Camp. A day of fun, food and fellowship. Activities include fishing, paddle boating and canoeing.

Contact: Carol Dorsey(712) 762-3825

W.E.T. GROUP - WIDOWS EXPERIENCING TRANSITION

Support group started in 2005 for women in their 20’s through their 60’s who have experienced the death of their spouse. Meets twice monthly, one a social outing, the other a meeting. Provides opportunities to foster new friendships, learn together to conquer the feelings, struggles & doubts encountered in this new life and to receive spiritual support. e-mail: ljcollicott@yahoo.com

Contact: Linda Collicott(515) 953-1681



Widowed Persons continued...

WIDOWED PEOPLE OF CENTRAL IOWA

A social organization for men and women after the loss of a spouse. We meet at 5 p.m. the first Tuesday of the month. We have a dinner, program and business meeting. Throughout the month we have an Out to Lunch Day, an Out to Breakfast Day, a Card Day, and an Out to Dinner Evening.

Contact: Barbara Wolf.....(515) 224-3940

Y.E.W.S. - YOUNG ENERGETIC WIDOWED SINGLES, INC.

Started in 1984, the YEWS group is a *social support group* for adults who have experienced the death of their spouse. The regular monthly dinner is held on the 2nd & 4th Thursday night of each month. The group dines out in a local restaurant with social conversation & dinner at 6 p.m. There is no meeting, just conversation, laughter & fun.

Contacts: Virginia Powers.....(515) 255-1950
Volney Smith(515) 987-3388

FOR THOSE ALONE

AGING RESOURCES OF CENTRAL IOWA

Aging Resources offers Information & Assistance, Case Management for Frail Elders, Family Caregiver Program, supportive services, Holiday Meals and emergency assistance. Aging Resources of Central Iowa serves persons 60 years of age or older. Our goal is to assist older adults to live with independence, dignity and pride. Aging Resources is part of a national network of Area Agencies on Aging established through the Older Americans Act. Aging Resources serves Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren counties.

Visit our website at www.agingresources.com

5835 Grand Avenue, Suite 106, Des Moines, IA 50312 e-mail: info@agingresources.com

Information and Assistance(515) 255-1310

AT-HOME CARE COMPANY, LLC

At-Home Care Company is devoted to assisting older adults and individuals who are ill, handicapped or physically disabled in Central Iowa in maintaining an independent lifestyle at home. We provide bonded and insured homemakers, caregivers and personal care attendants with non-medical homecare services. We have NO contracts. Services are available hourly in most areas, 24 hour care, respite care, overnight care, short term and holidays. Free In-Home Consultation to discuss your unique needs. Payment methods include private pay, long-term care insurance, and Medicaid (CDAC Provider). "WHAT you want, WHEN you want it" service!

113 Colorado Avenue, Suite 209, Ames, IA 50014 www.AtHomeCareCo.com

Information and Assistance(515) 292-2650

CARE CONSULTANTS FOR THE AGING

Care Consultants for the Aging refers caregivers for many levels of needs: companionship, including household chores, Certified Nurse Assistants for personal cares, and Licensed Practical Nurses and Registered Nurses for situations needing a nurse. All caregivers are thoroughly screened, certified, and carry professional liability insurance. Caregivers may be scheduled as the client requests: for as little as one hour, on an occasional basis, up to "around the clock," 7 days per week. No minimum number of hours or shifts is required. Care Consultants for the Aging does the staffing, allowing the family peace of mind, knowing caregivers will be present whenever they are needed. Rates are affordable. Visit www.careconsultants.com to find out more.

1001 Office Park Road, Suite 107, West Des Moines, IA 50265

Contact: Ann Cochran(515) 221-2295

EYERLY-BALL SENIOR OUTREACH COUNSELING

In home mental health assessments and therapy for persons 60 years and older. Funding available.

1301 Center St., Des Moines, IA 50309

Information.....(515) 277-0630



605 LYON STREET • DES MOINES, IOWA 50309
www.hamiltonsfuneralhome.com

For Those Alone continued...

HOME INSTEAD SENIOR CARE

Non-medical home care service that provides support, companionship, meal preparation, light housekeeping, laundry, errand running, incidental transportation, personal care, as well as many other services not listed here. Short term assistance or longer term care is available seven days a week, including holidays. Free in-home assessment to identify needs. Payment methods include private pay, long-term care insurance, and Medicaid reimbursement.

939 Office Park Road, Suite 310, West Des Moines, IA 50265 www.homeinstead.com

e-mail: anne.peters@homeinstead.com

Contact: Anne Peters(515) 221-0866

SENIOR SERVICES OF POLK COUNTY

Multi-services offered for senior 60+ including Leisure Time Travel, recreational activities, health screenings, PEER counseling, nutritional and health information. We also offer noon meals in a social setting at a variety of locations across Polk County. 1914 Carpenter, Des Moines, IA 50314

Information.....(515) 286-3679

SENIOR HELPERS

Senior Helpers provides non-medical in home care services allowing seniors to remain independent and active in their home. Services include companionship, light housekeeping, meal preparation, medication reminders, bathing & dressing, assistance with mobility, dementia/alzheimer's care and much more. Services provided for a few hours a day to 24/7, 365 days a year. A no-charge or obligation consultation is provided to review services and care plan needed. We employ compassionate, trustworthy, and experienced caregivers who choose to make a difference in the life of our seniors. They are bonded, insured and trained with background checked for your safety.

8450 Hickman Road, Suite 22, Clive, IA 50325

E-mail: bhilgenberg@seniorhelpers.com Website: www.seniorhelpers.com

Contact: Brian Hilgenberg(515) 251-7444

SENIORS HELPING SENIORS

Seniors Helping Seniors, a national caregiver and companionship organization, is about helping seniors who want to remain in their own homes and stay as self-sufficient as possible. Seniors Helping Seniors serves Greater Des Moines communities by providing loving, caring, compassionate non-medical in-home services to less able seniors and employment opportunities for active seniors who want to help. In-home services include companionship, transportation, light housekeeping, meal preparation, shopping assistance, yard work, pet care and more.

E-mail: shsdsm@gmail.com Website: www.seniorshelpingseniors.com/centraliowa

Contact: Heather Deering(515) 224-0048

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

VISITING ANGELS

Visiting Angels is a nationally respected network of non-medical, private duty home care agencies providing senior care, personal care, respite care and companion care. We offer short-term, long-term, live-in and 24 hour care. You'll have the opportunity to interview and select any caregiver who we refer to you. You'll only accept a caregiver that you feel totally comfortable with. Visiting Angels of Des Moines, 5000 Park Avenue, Des Moines IA 50321.

E-mail: kmiller@visitingangels.com. Website: www.visitingangels.com/desmoines

Contact:.....(515) 645-9088



FOR GRIEVING CHILDREN

AMANDA THE PANDA SUPPORT GROUPS (ages 6 - 17)

Youth ages 6-17 grieving the death of a loved one meet in separate groups with two facilitators per group for 8 weeks on Monday evenings in the fall, winter and/or spring. Participants and leaders meet for dinner at 6:00 p.m. in age-appropriate groups for discussion and activities geared towards peer support and grief education. Sessions conclude at 7:30 p.m. (Groups are available for adults at the same time.) No charge. www.amandathepanda.org

1000 73rd St., Suite 12, Windsor Heights, IA 50324

Contact: Charlene "Charlie" Kiesling..... (515) 223-HUGS (4847)

CAMP AMANDA (for grieving children, teens and adults)

Weekend grief camps held in the spring and fall for grieving youth (ages 6-17) and adults. From arrival on Saturday morning to departure on Sunday after lunch, campers learn about healthy coping skills, participate in a question and answer session with a doctor, meet peers who may be in similar situations, and much more. Camp dates and application forms are posted on the website. No charge. www.amandathepanda.org

1000 73rd St., Suite 12, Windsor Heights, IA 50324

Contact: Charlene "Charlie" Kiesling(515) 223-HUGS (4847)

C.O.O.L. (CHILDREN OVERCOMING the OBSTACLES OF LIFE)

C.O.O.L. is Des Moines Pastoral Counseling Center's child and adolescent program. C.O.O.L. provides a safe and nurturing place within the Center for counseling youth ages 2-21, offering nurture and security as they cope with loss. C.O.O.L. counselors facilitate the natural growth and healing potential of children and adolescents through quality affordable therapy. 2929 Westown Parkway, Suite 110, West Des Moines 50266. The Center's new location in January 2011: 8553 Urbandale Ave., Urbandale 50322.

E-mail: info@dmpcc.org Website: www.dmpcc.org

Information.....(515) 274-4006

HEALING HEARTS (grades 1 - 6)

Offered by Hamilton's Academy of Grief & Loss:

A program for children who have experienced the death of someone very close to them. Held periodically throughout the year. Children can feel comfortable expressing their thoughts through art, music, stories, silly games, talking about feelings and becoming involved with a bunny puppet named "Hamilton". Pre-registration required. See website for upcoming dates and/or to register on-line: www.HamiltonsFuneralHome.com. No charge.

Contact: Trudy Holman.....(515) 697-3666

CHILDREN'S CANCER CONNECTION (ages newborn - 18)

Provides camps for children who have/had cancer, siblings of children with cancer and families coping with cancer. The goal of the organization is to enhance the quality of life for children with cancer by providing programs for recreation, education, and family support. 1221 Center Street, Suite 12, Des Moines, IA 50309 www.childrencancerconnection.org

Contact: Channon Timm Channon@childrencancerconnection.org(515) 243-6239, ext. 1104

LITTLE HANDS AT HAMILTON'S (ages 3 1/2 - Kindergarten)

Offered by Hamilton's Academy of Grief & Loss:

Our *Little Hands Group* focuses upon issues unique to the young grieving child. Activities and discussions focus on such things as understanding what death means, the many feelings which accompany grief and the healing of "memories." However, one of the most valuable experiences for the children lies simply in being surrounded by others their own age who have also experienced a loss and in realizing that they are not alone. No charge.

Pre-registration is required. See website for upcoming dates and/or to register on-line: www.HamiltonsFuneralHome.com.

Contact: Trudy Holman(515) 697-3666



For Grieving Children continued...

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

Specialized mental health services for children/adolescents with mental disabilities and emotional/behavioral problems. Services provided on sliding fee scale. Sessions held at the center or at school. Call for an appointment.

808 5th Ave., Des Moines, IA 50309

Contact: Tanya Harmeyer(515) 244-2267

PROJECT 52: TREES TO REMEMBER PROGRAM

Project 52 donates trees to families in memory of a family member that has left us much to early in life - whether it is for a parent that has lost a child or a child or teenager/young adult that has lost a parent. Trees are planted at the time and place of the family's choosing. In addition, each family will receive an engraved marker, which can be placed underneath the tree, as well as a certificate to place in their home. For more information, or to nominate someone to receive A Tree to Remember, email: trees@p52.org. Project 52, P.O. Box 3681, Urbandale, IA 50323.

Contact: Bill Clark bill@p52.org(515) 491-8543

Contact: John Dawson john@p52.org(605) 521-8210

STEPPING STONES (ages 3-5 and 6-10)

A six week program designed to encourage children, who have experienced the loss of a loved one, to share their experiences, identify and understand their feelings, clarify misunderstandings about death and dying and strengthen their faith in Jesus. Meets in conjunction with GriefShare at Gloria Dei Lutheran Church, 8301 Aurora Ave., Urbandale, IA 50322. www.gloriadeionline.com

Contact: Pastor Tim Phillips tphillips@gloriadeionline.com(515) 276-1700

DEATH OF A CHILD

THE COMPASSIONATE FRIENDS

Self-help organization for bereaved families after the death of a child. Meets the first Tuesday of each month at 7:00 p.m. at Hamilton's on Westown Parkway, Children's Butterfly Garden Reception Room, 3601 Westown Parkway, West Des Moines. Contact from other parents who have also had a child die provide the opportunity to talk to someone who's "been there". Lending library and newsletter available. Sibling and grandparent support also.

Contacts:

Co-Chapter Leader: Cathy Peterson - catmarpet@q.com(515) 993-4574

Co-Chapter Leader: Mary Jane Nemetz(515) 238-1198

Accidental Death: Donnafred Hinman(515) 226-2141

SIDS Death: Karen Wiederholt(515) 274-3584

Suicide: Paul & Joyce Scranton(515) 965-2467

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, Children's Butterfly Garden Reception Room, 3601 Westown Parkway, West Des Moines. Discussion group is lead by other parents who have also experienced miscarriage, stillbirth or infant death. Lending library & newsletter available.

Contact: Betsy Lundy.....(515) 277-7502

Death of a Child continued...

IOWA SIDS FOUNDATION

The Iowa SIDS Foundation is 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. 406 SW School Street, Ste. 205, Ankeny, IA 50023

e-mail: info@iowasids.org

Contact: Patty Keeley (patty@iowasids.org)(515) 965-7655 or (866) 480-4741

MOMMIES WITH HOPE

A biblically based support group for moms who have experienced the loss of a child (pregnancy, infant, or child loss). Moms are encouraged by connecting with and comforting one another through monthly "Hope" meetings and occasional social outings. We currently offer support groups in Polk City and Ames in addition to weekly bible studies in Ankeny. Whether your loss is recent or abiding, all stages of grief are welcome. www.mommieswithhope.com e-mail: info@mommieswithhope.com

Contact: Teske Drake.....(319) 404-0272

PERINATAL HOSPICE OF IOWA AT MERCY

A program developed to provide support for families experiencing inevitable perinatal loss with anticipatory support and options. A multidisciplinary team consisting of the perinatologist, neonatologist, family therapist, social worker, obstetrical & neonatal nurses provide support to the family throughout the pregnancy, delivery and after the baby is born and a one year follow-up. A Parent-to-Parent piece of the program connects interested couples to others that have experienced a similar loss.

Contact: Ann Valdez (Mercy Birthing Center).....(515) 358-3000
or voicemail.....(515) 358-3030

PROJECT 52: TREES TO REMEMBER PROGRAM

Project 52 donates trees to families in memory of a family member that has left us much too early in life - whether it is for a parent that has lost a child or a child or teenager/young adult that has lost a parent. Trees are planted at the time and place of the family's choosing. In addition, each family will receive an engraved marker, which can be placed underneath the tree, as well as a certificate to place in their home. For more information, or to nominate someone to receive A Tree to Remember, email: trees@p52.org.

Project 52, P.O. Box 3681, Urbandale, IA 50323

Contact: Bill Clark bill@p52.org(515) 491-8543

Contact: John Dawson john@p52.org.....(605) 521-8210

RTS (RESOLVE THROUGH SHARING) - PARENT BEREAVEMENT SUPPORT GROUP

A 4-6 week program for parents experiencing a perinatal loss. Offered quarterly by Mercy Medical Center usually in the Mercy Hall on A Level. No charge. Registration is required. Contact Ann or Teresa for the next dates.

1111 6th Avenue, Des Moines, IA 50314 e-mail: avaldez@mercydesmoines.org

Contact: Ann Valdez(515) 358-3000 or Voice Mail (515) 358-3030

Contact: Teresa Gyldenvand.....(515) 225-1015

SIDS SUPPORT GROUP

Support group for parents who have lost a child to SIDS or SUID. Meets as requested.

406 SW School Street, Ste. 205, Ankeny, IA 50023 e-mail: info@iowasids.org

Contact: Patty Keeley patty@iowasids.org.....(515) 965-7655

SILENT GRIEF SUPPORT

Monthly support group for parents experiencing miscarriage or ectopic pregnancy loss. Meets on an as needed basis each month in the West Conference Room at Mercy Franklin Center, 1818 48th Street, Des Moines, IA. Sponsored by Mercy Medical Center.

Contact: Teresa Gyldenvand.....(515) 225-1015



605 LYON STREET • DES MOINES, IOWA 50309
www.hamiltonsfuneralhome.com

FOR GRIEVING TEENS/YOUNG ADULTS

AMANDA THE PANDA SUPPORT GROUPS (ages 6 - adults)

Teens and young adults grieving the death of a loved one meet in separate groups with two facilitators per group for 8 weeks on Monday evenings in the fall, winter and/or spring. Participants and leaders meet for dinner at 6:00 p.m. in age-appropriate groups for discussion and activities geared towards peer support and grief education. Sessions conclude at 7:30 p.m. (Groups are available for other ages at the same time.) No charge. www.amandathepanda.org 1000 73rd St., Suite 12, Windsor Heights, IA 50324

Contact: Charlene "Charlie" Kiesling..... (515) 223-HUGS (4847)

CAMP AMANDA (for grieving children, teens, young adults and families)

Weekend grief camps held in the spring and fall for grieving youth (ages 6-17), young adults, and adults. From arrival on Saturday morning to departure on Sunday after lunch, campers learn about healthy coping skills, participate in a question and answer session with a doctor, meet peers who may be in similar situations, and much more. Camp dates and application forms are posted on the website. No charge. www.amandathepanda.org 1000 73rd St., Suite 12, Windsor Heights, IA 50324

Contact: Charlene "Charlie" Kiesling(515) 223-HUGS (4847)

CHILDREN'S CANCER CONNECTION (ages newborn - 18)

Provides camps for children who have/had cancer, siblings of children with cancer and families coping with cancer. The goal of the organization is to enhance the quality of life for children with cancer by providing programs for recreation, education, and family support. 1221 Center Street, Suite 12, Des Moines, IA 50309
www.childrenscancerconnection.org

Contact: Channon Timm Channon@childrenscancerconnection.org(515) 243-6239, ext. 1104

C.O.O.L. (CHILDREN OVERCOMING the OBSTACLES OF LIFE)

C.O.O.L. is Des Moines Pastoral Counseling Center's child and adolescent program. C.O.O.L. provides a safe and nurturing place within the Center for counseling youth ages 2-21, offering nurture and security as they cope with loss. C.O.O.L. counselors facilitate the natural growth and healing potential of children and adolescents through quality affordable therapy. 2929 Westown Parkway, Suite 110, West Des Moines 50266. The Center's new location in January 2011: 8553 Urbandale Ave., Urbandale 50322.

E-mail: info@dmpcc.org Website: www.dmpcc.org

Information.....(515) 274-4006

GRIEF RELIEF by Hospice of Central Iowa

Grief Relief is a three hour event, twice a year; open to grades 7-12. This session is about handling the grief that comes after someone dies. Free of charge. Call for location and registration. Available in West Des Moines. Also available in Boone, Perry, Mt. Ayr, Mt. Pleasant, Centerville, Osceola and Knoxville upon request. www.hospiceofcentraliowa.org

Contact: Bereavement Counselors(515) 274-3400

PROJECT 52: TREES TO REMEMBER PROGRAM

Project 52 donates trees to families in memory of a family member that has left us much to early in life - whether it is for a parent that has lost a child or a child or teenager/young adult that has lost a parent. Trees are planted at the time and place of the family's choosing. In addition, each family will receive an engraved marker, which can be placed underneath the tree, as well as a certificate to place in their home. For more information, or to nominate someone to receive A Tree to Remember, email: trees@p52.org.

Project 52, P.O. Box 3681, Urbandale, IA 50323.

Contact: Bill Clark bill@p52.org(515) 491-8543

Contact: John Dawson john@p52.org(605) 521-8210

For Grieving Teens/Young Adults continued...

TEENS TOGETHER GRIEF SUPPORT by Gloria Dei Lutheran Church

An interactive discussion-based curriculum which helps teens who have lost a loved one go through the grief process with others who are experiencing the same emotional situations. Activities take place at Gloria Dei Lutheran Church, 8301 Aurora Ave., Urbandale, IA 50322. www.gloriadeionline.com

Contact: Pastor Tim Phillips tphillips@gloriadeionline.co(515) 276-1700

SUICIDE & HOMICIDE

COPING AFTER A SUICIDE by Polk County Crisis and Advocacy Services

Offers a safe, confidential support group open to anyone (older teens & adults) surviving the loss of a loved one through suicide. Meets the second Thursday of each month from 6-7:30 p.m. as well as the last Saturday of each month from 9:00-10:30 a.m. No charge.

Polk County Crisis and Advocacy Services, 2309 Euclid, Des Moines, IA 50310

Contact: Kate Gilmore.....(515) 286-2029

HOMICIDE SURVIVORS SUPPORT GROUP by Polk County Crisis and Advocacy Services

For family and friends who have lost a loved one as the result of homicide. Meets the third Tuesday of each month at our office from 6:00 to 7:30 p.m. Free of charge.

Polk County Crisis and Advocacy Services, 2309 Euclid, Des Moines, IA 50310

Contact: Sara McMillan.....(515) 286-2026

HORIZON'S SURVIVORS PROGRAM

Serving loved ones of homicide or vehicular homicide victims. We work with families and friends of victims of homicide in 23 counties in eastern Iowa providing a variety of services confidentially and at no cost.

Email: bjfranklin@horizonsfamily.org

Information.....(319) 398-3943

ADDITIONAL SERVICES

AMERICAN RED CROSS CENTRAL IOWA CHAPTER

Critical Incident Stress Management Program (CISM)

Comprised of professional emergency support persons and mental health professionals, the CISM Team helps 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/children, police shooting, excessive media interest, etc.). Services are confidential.

American Red Cross Central Iowa Chapter, 2116 Grand Avenue, Des Moines, IA 50312

Contact: Marlys DeVries.....(515) 471-8334

United Way/American Red Cross 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.

Information211

BROADLAWNS CRISIS LINE.....(515) 282-5752



GRIEF SUPPORT IN OTHER IOWA COMMUNITIES

ALBIA - COMPASSIONATE FRIENDS

Support group for parents who have had a child of any age die. Meets the 2nd Sunday of the month from 2:30-4 p.m. at Trinity United Methodist Church, Fireside Room. Brenton Avenue E., Albia, IA 52531

George Mosley.....(641) 932-7484
Merle Regenold.....(641) 932-3588

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

ALBIA - HOSPICE OF MONROE COUNTY

- **Encouragement Cards:** February, April, June, August, October and December
- **Grief Counseling** for those over the age of 5
- **Grief Support Group with Education** - contact Albia Hospice for dates
- **Grief Support Group, On-Going** - meets the last Sunday of the month from 2:30-3:30 p.m. at the First Christian Church in Albia
- **Holiday Memorial Ceremony:** November
- **Volunteer Bereavement Home Visits**
- **Bereavement Volunteer Telephone Visits**
- **Grief & Loss Resource Book & Video Library**

Programs are free of charge; need not be hospice related. 6580 165th Street, Albia, IA 52531

Kim Higginbotham(641) 932-1701 or (641) 932-1704

ALBIA - WIDOWS BIBLE STUDY GROUP

Meets once a week at Trinity United Methodist Church, 1117 Benton Avenue East, Albia, IA 52531

Lucille Bettis.....(641) 932-5257

AMES - HOMEWARD HOSPICE

- **Israel Family Hospice House Bereavement Support Group** - a 6 week program for people who have experienced a loss through death. Offered three times per year at the Israel Family Hospice House, 400 S. Dakota Ave., Ames, IA. No charge. Need not be hospice related.
- **Circle of Hope** - for women who have experienced the death of a spouse. Meets the first Monday of the month from 6:30-8 p.m. Please call for information and location
- **Men's Coffee** - For men who have experienced the death of someone loved. Meets the third Monday of the month, 7:30-9:00 a.m. at Perkins, 325 South Duff, Ames, IA.
Bonnie Riphagen/Bereavement Coordinator(515) 956-6038 or (877) 469-0079

ANAMOSA - JOURNEYING THROUGH GRIEF

A grief support group for residents of Jones County who have experienced the loss of a loved one. Meets the 1st Thursday of every month from 1:30-3:00 p.m. at Woodland Park Assisted Living, 1209 East 3rd Street, Anamosa.

Contact:.....(319) 369-7744

ATLANTIC - BEREAVEMENT SUPPORT GROUP

Bereavement services offered to the public.

Cass County Memorial Hospital-Home Care/Hospice, 1501 E. 10th Street, Atlantic, IA 50022

Deb Lamb.....(800) 993-4345

ATLANTIC - IOWA HOSPICE BEREAVEMENT SUPPORT

- Our on-going support group is called **‘Sharing the Journey’** it meets the first Monday of each month from 12:00 -1:00 p.m. at 1504 E. 7th Street, Atlantic.
- **How Do I Go On?*** focuses on a five-step process (feel, explore, let go, embrace, and live) for those times when loss is life-changing, if not life-threatening. Participants will be encouraged to refer to their own experiences and develop their own insights. Offered: February 8, 2010 5:00-7:00 p.m.
- **Threads of Love, Threads of Comfort** - Come together to create a shawl in memory of a loved one using colors, fibers, and techniques that will create memories of comfort and remembrance. This is a time for relaxation and support. Offered: February 9, 2010 6:00-8:00 p.m.
- **A Stitch of Time** - Come help make a table runner to remember our loved through the seasons. Using different materials and patterns to celebrate the memories of loved ones we can create a treasure to display all year. Offered: April 5th, July 5th, and October 4th, 2010 at 6:00 p.m.
- **Memorial Service** - Come celebrate and remember our loved ones through this non-denominational service that provides us with hope, peace and fellowship with others who share in our grief. Service is held on May 10, 2010 at 6:00 p.m. at River of Life Church, 703 E. 14th Street, Atlantic, IA.
- **Invincible Summer***, provides beautiful photography depicting four phases of grief. Music, beauty, and a comforting voice help the bereaved work through their grief. This is suited for individuals, families, and children. Offered: June 7, 2010 5:00-7:00 p.m.
- **When Mourning Dawns*** uses wise quotations and photographs from nature. The pattern of grief is compared to the rhythm of the seasons. Specific suggestions and practical help are offered for working through each of grief’s natural seasons. This is a four week work shop, and pre-registration is required. Offered: September 6, 13, 20, 27, 2010 5:00-7:00 p.m.
- **Photo Journaling Workshop** - Remembering loved ones who have passed away is a crucial aspect of grieving. Come learn how to preserve memories in a creative and fun way through the process of photo journaling. Offered: September 23, 2010 at 6:00 p.m.
- **Longest Night Service** - Christmas can be a difficult time of year for those who are grieving the loss of a loved one. Sometimes the usual Christmas programs, with their up-beat music and “joy to the world” message, may not quite fit with the sadness we’re feeling inside. But that doesn’t mean the holidays can’t still be meaningful. Longest Night is a different kind of holiday service-held on the evening of the Winter Solstice, the longest night of the year; this ecumenical and interfaith service focuses on themes of “light in the midst of darkness” and “hope in the midst of sadness”. Service is held on December 21, 2010 at 6:00 p.m. at River of Life Church, 703 E. 14th Street, Atlantic, IA.

All workshops are held at the Iowa Hospice Office at 1514 E. 7th Street, Atlantic, IA unless otherwise specified. PH: 712.243.4604

*Workshop materials and content provided by Willowgreen® Resources. www.willowgreen.com

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

BOONE - TOUCHING OUR GRIEF

Monthly educational grief and support sessions for adults sponsored by Hospice of Central Iowa. Meets in Boone Hospital Conference Room. No charge. www.hospiceofcentraliowa.org

Bereavement Counselor.....(515) 465-4705 or (888) 206-0080



BURLINGTON - IOWA HOSPICE BEREAVEMENT SUPPORT

- We have an on-going support group called **'Sharing the Journey'** that meets the second Wednesday of every month from 11:00-noon at the Burlington Public Library - Small Group 2 located at 210 Court Street Burlington.
- **Photo Journaling Workshop** - Remembering loved ones who have passed away is a crucial aspect of grieving. Come learn how to preserve memories in a creative and fun way through the process of photo journaling. Please bring several photos that remind you of your loved one to the workshop. The workshop will be held on April 14th at 6:30 p.m. at the Burlington Public Library-Meeting Room B located at 210 Court Street Burlington. Please RSVP so enough materials will be available: 319-752-0954.
- **The Bucket List Workshop** - When grief slows us down, the movie the Bucket List can remind us that there are goals out there each one of us wants to achieve. Join us for a time to consider what it can mean when (even in grief) there is a future to consider. The workshop will be held on September 8th at 6:30 p.m. at the Burlington Public Library-Meeting Room B located at 210 Court Street Burlington. Please RSVP so enough materials will be available: 319-752-0954.

214 North 4th Street, Suite 3A, Burlington, IA 52601, PH: 319.752.0954

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

CARROLL - IOWA HOSPICE BEREAVEMENT SUPPORT

On going support group the first Thursday of each month from noon -1:00 p.m., at 831 N. Griffith Road, Carroll, Iowa. Rockwell City on going support group meets first Thursday of each month from noon -1:00 p.m., at St. Paul's Lutheran Church, Rockwell City.

831 N. Griffith Road, Carroll, IA 51401, PH: 712.792.2191

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

CEDAR FALLS/WATERLOO - NEW HOPE SUPPORT GROUP

A support group for parents, loved ones or caregivers who have had a baby die due to miscarriage, ectopic pregnancy, stillbirth, SIDS, or other infant; also infertility issues. Meets at the Waterloo Wheaton Franciscan Covenant Medical Center, Meeting Room 1. This group meets the first Thursday of every month.

Chaplain Mary Arnold.....(319) 272-7370

CEDAR RAPIDS - ADULT BEREAVEMENT

- **Coping with Change**, Hospice of Mercy. For nursing home residents and/or staff to help strengthen skills for coping with change. Contact Pat Elkington.....(319) 398-6496
- **Bereavement Luncheon**, Hospice of Mercy.....(319) 398-6735
- **A Cup of Comfort & Conversation**, Hospice of Mercy. Meets the 1st Tuesday of each month from 10-11:30 a.m. at Hospice of Mercy, 315 - 18th Ave., Hiawatha, IA.....(319) 398-6735
- **The Grief Journey**, St. Luke's Hospice. 8-week support group for adults. (Registration needed 1 week prior)(319) 369-7744
- **Evening Learning Together Group**, Hospice of Mercy. Meets the 3rd Thursday of each month from 5:30-7 p.m. at Hospice of Mercy, 315 - 18th Ave., Hiawatha, IA(319) 398-6735
- **Meet and Eat Group for Bereaved Adults**, St. Luke's Hospice. Meets on the 3rd Saturday of the month at 11:30 a.m. Call for location.....(319) 369-7744
- **Next Steps**, St. Luke's Hospice. Support group for adults. Meets the 4th Tuesday of every month from 6:30-7:30 p.m.....(319) 369-7744
- **Spring and Fall Memorial Service**, St. Luke's Hospice. Memorial services are held in the Lower Level of the Helen G Nassif Center for Women's and Children's Health at St. Luke's.(319) 369-7744
- **Younger Spouse Support Group**, Hospice of Mercy. For women under 65 years of age, grieving the death of their spouse/partner. Meets the 2nd Thursday of each month from 7-8:30 p.m. at Hospice of Mercy, 315 - 18th Ave., Hiawatha, IA.....(319) 398-6735

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

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

CEDAR RAPIDS - FOR GRIEVING CHILDREN

- **Discovering Life’s Treasures**, Hospice of Mercy. Provides activities for children and their parents/guardians which promote healthy mourning and healing. For children in grades 1 - 8. Meets during the school year on the 2nd Sunday of each month from 4-5:30 p.m. at the Oldorf Hospice House, 315 - 18th Ave., Hiawatha, IA.....(319) 398-6735
- **Kid’s Grief Relief**, St. Luke’s Hospice. For children ages 7-12 who have experienced the loss of a loved one.....(319) 369-7744
- **Mending Hearts for Teens**, St. Luke’s Hospice. For teenagers who have experienced the loss of a loved one.....(319) 369-7744

CEDAR RAPIDS - HORIZON’S SURVIVORS PROGRAM

Serving loved ones of homicide or vehicular homicide victims. Meets the second Tuesday from 7 - 8:30 p.m. at St. Luke’s Hospital, Schwartz “C”, Cedar Rapids. We work with families and friends of victims of homicide in 23 counties in eastern Iowa. Email: bjfranklin@horizonsfamily.org

Information.....(319) 398-3943

CEDAR RAPIDS - IOWA HOSPICE BEREAVEMENT SUPPORT

- **Sharing the Journey** - Meets the third Tuesday of each month from 12:00 noon to 1:00 p.m., at 800 1st Ave NE, Cedar Rapids.
- **Jungle Journey, a Children’s Book Reading & Discussion** - July 15th, 2010 - Children of all ages are invited to attend the reading of Jungle Journey, a children’s book about the process of grieving, and the need for each of us to do it in our own unique way. The reading will take place July 15th at 4 p.m., at the Cedar Rapids Public Library.
- **Photo Journaling Workshop** - September 22nd, 2010 Remembering loved ones who have passed away is a crucial aspect of grieving. Come learn how to preserve memories in a creative and fun way through the process of photo journaling. The workshop will be held September 22nd at 6:30 p.m. at the Iowa Hospice Office: 800 1st Ave NE, Cedar Rapids, IA 52402.
- **Holiday Grief Workshop** - December 2010 - TBA The workshop provides ideas on how to cope through the holidays, how to find joy though the heartache, give and receive support from one another, and relate, remember, and reach out. Flyers and information will be distributed at a later date.
- **Annual Memorial Service** - January 2011 - TBA - Iowa Hospice provides an Annual Memorial Service in each location. The memorial services are a time when family, friends, and community members come together to remember and honor those who have died in the past year. Information and invitations will be mailed at a later date.

800 1st Ave NE, Cedar Rapids, IA 52402, PH: 319.363.0454

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

CEDAR RAPIDS - LOSS OF A CHILD

- **Empty Arms**. For parents who have experienced the loss of a baby through miscarriage, stillbirth or at any point of infancy. Meets the third Monday of the month at 7:30 p.m. in the formal lounge of St. Luke’s Hospital Resource Center. St. Luke’s Hospital Spiritual Care Services.....(319) 369-7347
- **SIDS Support Group**. A support group for parents who have lost a child to Sudden Infant Death Syndrome. Meets as requested by appointment.
Tricia Borelli(319) 265-8540



Grief Support in Other Iowa Communities continued...

CENTERVILLE - COMPASSIONATE FRIENDS

Support group for parents who have had a child of any age die. Meets the 2nd Sunday of the month from 2:30-4 p.m. at Trinity United Methodist Church, Fireside Room. Brenton Avenue E., Albia, IA 52531

Jim Senior(641) 856-2650

CENTERVILLE - TOUCHING OUR GRIEF

Monthly educational grief and support group for adults, sponsored by Hospice of Central Iowa. Meets at 103 E. Van Buren, Centerville, IA 52544. No charge. www.hospiceofcentraliowa.org

Bereavement Counselor(641) 856-5502

CHEROKEE - REGIONAL MEDICAL CENTER HOSPICE

- **Living with Loss Grief Support Group** - open to anyone in the community, no charge; more than 3 months after the loss.
- **Monthly Bereavement Education Mailings** - 13 month series; Hospice or other community members who request this support. No charge.
- **Grief Library** - open to the community; no charge.

Lori Bush(712) 225-6459

CRESCO - GRIEF SUPPORT GROUP

Meets every fall; 1 ½ hour sessions for 10-weeks. Open to anyone who has experienced a loss. Howard County Community Hospice, 327 Eighth Avenue West, Cresco, IA 52136. Free of charge; need not be hospice related.

Karla Klimesh and Carolyn Noe(563) 547-2989

CRESTON - MEAL and MORE BEREAVEMENT SUPPORT GROUP

A bereavement support group for any individual who has lost a loved one to death. We meet on the first Tuesday of every month at 6:00 p.m. Greater Regional Medical Center provides a meal and there is a time for a presentation on grief and for support. The group meets in the Medical Arts Plaza conference room. Offered by Greater Regional Home Care & Hospice, 1715 W. Prairie St., Ste. A, Creston, IA 50801.

Information.....(641) 782-3528

DAVENPORT - GENESIS GRIEF RECOVERY RESOURCES

Genesis Grief Recovery exists because the Journey of Grief is often a difficult one. We are there to walk with you. Genesis Medical Center, Spiritual Care Department, 1227 East Rusholme St., Davenport, IA 52803

Rev. Dr. Michael Robinson(563) 421-1757

DENVER - ON-GOING MONTHLY SUPPORT GROUPS by Cedar Valley Hospice

Support groups for anyone in the community grieving the death of a loved one. Held in the Denver and Waverly areas.

Cheryl Elsbury-Reiher(319) 352-1274

DUBUQUE - GRIEF SUPPORT GROUP

6-week group sessions offered in the spring, winter, and fall. Date and times vary. Groups are primarily for those within the first year of bereavement, with the suggestion of a wait time of at least 4 months after a death has occurred before participating. Hospice of Dubuque, 2255 John F. Kennedy Road, Dubuque, IA. Free of charge (donations accepted); open to the community; need not be hospice related.

Sue Welu(563) 582-1220

DUBUQUE - IOWA HOSPICE BEREAVEMENT SUPPORT

- We have an on-going support group called 'Sharing the Journey' that meets the first Wednesday of each month from 11:00 a.m.-noon at 120 Bryant St., Suite 100, Dubuque.
- **The Bucket List Workshop** - When grief slows us down, the movie the Bucket List can remind us that there are goals out there each one of us wants to achieve. Join us for a time to consider what it can mean when (even in grief) there is a future to consider. The workshop will be held on September 8th at 6:30 p.m. at the Burlington Public Library-Meeting Room B located at 210 Court Street Burlington. Please RSVP so enough materials will be available: 563-583-5136.

120 Bryant St., Suite 100, Dubuque, IA 52003, PH: 563.583.5136

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

EMMETSBURG - HOSPICE OF PALO ALTO COUNTY GRIEF GROUP

Bereavement group meets the 3rd Tuesday of each month, 7:00 p.m. at the Willow Ridge Activity Room at the Palo Alto Hospital, 3201 1st, Emmetsburg, IA 50536.

Nancy Wentzel(712) 852-5453

FAIRFIELD - TOUCHING OUR GRIEF

Monthly educational grief and support sessions for adults sponsored by Hospice of Central Iowa. Meets the second Thursday every month from 1-3 p.m. Memorial Service every three months from 12-1 p.m.

Jefferson County Health Center, Hwy 1 S., Fairfield, IA 52556

Bereavement Counselor(319) 385-4472

FORT MADISON - LEE COUNTY HEALTH DEPARTMENT-HOSPICE

- **Adult Grief Support Group** - Barr Memorial Chapel. Meets twice monthly at Holy Family Parish. Open to public, free of charge.

Sister Peggy(319) 372-2127

- **Bereavement Services - Barr Memorial Chapel**

Deanna Barr(319) 372-2127

- **Hospice "Tree of Love"** - November & December - open to everyone.

Jeri Welch(319) 372-5225/(800) 458-6672

Above are open to anyone who is grieving; need not be hospice related.

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.careinitiativeshospice.org

Contact:(641) 743-2264/(877) 577-8555

GRUNDY CENTER - CEDAR VALLEY HOSPICE

- **Annual Memorial Service** - open to the community.
- **Hospice Social Support** - 4th Thursday of each month; potluck for any who has had a loved one die.
- **One-on-One Counseling** - Free of charge; open to the community; need not be hospice related.

Information.....(888) 878-3868

HARLAN - MYRTUE MEDICAL CENTER - HOSPICE

- **Adult Bereavement classes**
- **Memorial services**
- **Children Grief**

Cathy Jensen(712) 755-4308

1213 Garfield Avenue, Harlan, IA. Free of charge; open to the community; need not be hospice related.



Grief Support in Other Iowa Communities continued...

IDA GROVE - GROWTH AFTER LOSS

A six session grief support group for adults and children held two times throughout the year. No Charge. Horn Memorial Hospital, 701 E. 2nd Street, Ida Grove, IA 51445. For more information contact the Horn Memorial Hospital Hospice Department:

Cindy Mildenstein.....(712) 364-3311, ext. 520

INDEPENDENCE - COFFEE & CONVERSATION

An on-going grief support group for individuals in the community who have experienced the death of a spouse or significant other. Meets the first Thursday of each month - 10:00 a.m. at Cedar Valley Hospice, 801 1st Street East, Independence, IA 50644. Free of charge; no registration required; need not be hospice related.

Information.....(319) 334-6960 or (toll free) 888-273-8957

IOWA 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

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

IOWA CITY - COPING WITH LOSS: NEW BEGINNINGS

A series of workshops for adults who have experienced the death of a loved one, offered each fall. Co-sponsored by Lensing Funeral & Cremation Service and Iowa City Hospice.

e-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information and/or registration:

Lensing Funeral & Cremation Service(319) 338-8171

Iowa City Hospice.....(800)-897-3052

IOWA CITY - COPING WITH THE HOLIDAYS

How to cope with the holiday season following the death of a loved one. Upcoming program: November 4, 2008. Co-sponsored by Lensing Funeral & Cremation Service and Iowa City Hospice.

e-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information and/or registration:

Lensing Funeral & Cremation Service(319) 338-8171

Iowa City Hospice.....(800)-897-3052

IOWA CITY - GRIEF AND YOU

A Saturday morning two-part basic education program for the recently bereaved held every other month. Contact Iowa City Hospice for details and to register. 1025 Wade Street, Iowa City, IA

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information.....(800) 897-3052

IOWA CITY - R.O.L.L. (Respect Our Life Losses) GRIEF SUPPORT GROUP FOR YOUTH

For youth ages 11-15 and their parent(s). Meets the second Tuesday of each month, September - May at Iowa City Hospice. 1025 Wade Street, Iowa City, IA

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information and/or registration(800) 897-3052

IOWA CITY - HOW CHILDREN GRIEVE AND HOW ADULTS CAN HELP

A workshop for adults who wish to understand and help children/teens who are grieving. Iowa City Hospice, 1025 Wade Street, Iowa City, IA. *E-mail: info@iowacityhospice.org website: www.iowacityhospice.org*

Information and/or registration(800) 897-3052

Grief Support in Other Iowa Communities continued...

IOWA CITY - KUL GROUP (Kids Understanding Loss)

For children (ages 5-10) and their parent(s). Meets the second Tuesday of each month, September - May.
Iowa City Hospice, 1025 Wade Street, Iowa City, IA

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information and/or registration(800) 897-3052

IOWA CITY - IOWA CITY HOSPICE LENDING LIBRARY

A collection of books, videos and brochures for all ages, pertaining to grief and loss issues.

Iowa City Hospice, 1025 Wade Street, Iowa City, IA 52240

E-mail: info@iowacityhospice.org website www.iowacityhospice.org

Information.....(800) 897-3052

IOWA CITY - LENSING FUNERAL & CREMATION SERVICE LENDING LIBRARY

A collection of books, videos and brochures for all ages, pertaining to grief and loss issues.

Lensing Funeral & Cremation Service, 605 Kirkwood Avenue, Iowa City, IA

Information.....(319) 338-8171

IOWA CITY - LUNCHEONS

Social luncheons take place at 11:30 on the 4th Tuesday of every other month (January, March, May, July, September and November) at the Okoboji Grill, Sycamore Mall, Iowa City. All are welcome. Sponsored by Iowa City Hospice.

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information.....(800) 897-3052

IOWA CITY - MEMORIAL SERVICE

For those who have experienced the death of a loved one. An ecumenical memorial service and reception held twice a year. Lensing's Funeral & Cremation Service, 605 Kirkwood Avenue, Iowa City

Information.....(319) 338-8171

IOWA CITY - MENDING HEARTS: A VALENTINE'S DAY GATHERING

A social event for those who have experienced the death of a loved one. Lunch and entertainment. Held annually. Co-sponsored by Lensing Funeral & Cremation Service, Iowa City Hospice and other local businesses. \$7 charge. Information:

Lensing Funeral & Cremation Service(319) 338-8171

Iowa City Hospice(800) 897-3052

IOWA CITY - SIGNIFICANT LOSS SUPPORT GROUP

For anyone who has experienced a significant loss. Meets the last Wednesday of each month from 6:30-8 p.m. at Iowa City Hospice, 1025 Wade Street, Iowa City, IA.

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information.....(800) 897-3052

IOWA CITY - SIDS SUPPORT GROUP

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

Tricia Borelli(319) 265-8540

IOWA CITY - SUICIDE SURVIVORS SUPPORT GROUP

A support group for adults who have lost a loved one to suicide. Meets the first Thursday of every month at 7 p.m. Crisis Center, 1121 Gilbert Ct., Iowa City, IA

Information.....(319) 351-0140



605 LYON STREET • DES MOINES, IOWA 50309
www.hamiltonsfuneralhome.com

Grief Support in Other Iowa Communities continued...

IOWA CITY - SUPPORT GROUPS FOR SPOUSES/PARTNERS

- **An Older Spouses group** meets on the third Thursday from 5:00-6:00 p.m. at the Iowa City Hospice office.
- **A Younger Spouses group** meets on the third Thursday from 6:30-8:00 p.m. at the Iowa City Hospice office.

Iowa City Hospice, 1025 Wade Street, Iowa City, IA

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information.....(800) 897-3052

KNOXVILLE - TOUCHING OUR GRIEF

Monthly educational grief and support sessions for adults sponsored by Hospice of Central Iowa. Meets the first Thursday of each month from 3-5 p.m. at 307 E. Main St., Knoxville, IA 50138. Sponsored by Hospice of Central Iowa. No charge. www.hospiceofcentraliowa.org

Bereavement Counselor.....(800) 350-9209

KNOXVILLE - SIDS SUPPORT GROUP

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

Lori Howard(641) 828-6515

LAKE CITY - HEALING JOURNEY

For adults touched by the death of a relative or friend. Five weekly sessions held approximately 3 times per year, free of charge. Call for meeting times and locations. Sponsored by Community Hospice, Stewart Memorial Community Hospital, 1301 West Main, Lake City, and Calhoun County Hospice, 501 N. Court, Rockwell City.

Norene Bauman - Lake City(712) 464-3171, ext. 6241

Leisa Mayer - Rockwell City.....(712) 297-8323

LAKE CITY - HELPING CHILDREN HANDLE GRIEF

For children 5-15 years old. One-on-one support for children who have experienced a death loss. For registration, contact Community Hospice, Stewart Memorial Community Hospital, 1301 West Main, Lake City, or Calhoun County Hospice, 501 N. Court, Rockwell City.

Norene Bauman - Lake City(712) 464-3171, ext. 6241

Leisa Mayer - Rockwell City.....(712) 297-8323

MANCHESTER - REGIONAL MEDICAL CENTER GRIEF SUPPORT GROUP

Support group for adults grieving the loss of a loved one. Meets the first Wednesday of each month at 4:00 p.m. at the Regional Medical Center of Northeast Iowa and Delaware County, 709 W. Main Street, Manchester, IA 52057. Please check in advance as time and place are subject to change.

Mary Twomey/Marge Pasker(563) 927-3232

MARSHALLTOWN - 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:.....(877) 577-2888



MARSHALLTOWN - IOWA HOSPICE BEREAVEMENT SUPPORT

- Our on-going support group is called ‘**Sharing the Journey**’ it meets the second Thursday of each month from noon-1:00 p.m., at 2 W Main Street, Marshalltown, IA 50158.
- **Jungle Journey - Children’s Book Reading and Discussion** - Children of all ages are invited to attend the reading of Jungle Journey, a children’s book about the process of grieving, and the need for each of us to do it in our own unique way. The reading will take place June 23rd at 4 p.m., at the Ames Public Library.
- **Photo Journaling Workshop** - Remembering loved ones who have passed away is a crucial aspect of grieving. Come learn how to preserve memories in a creative and fun way through the process of photo journaling. Workshop will be held September 21st at 7 p.m. in the Marshalltown Office: 2 W Main Street, Marshalltown, IA 50158.
- **Longest Night Service** - Christmas can be a difficult time of year for those who are grieving the loss of a loved one. Sometimes the usual Christmas programs, with their up-beat music and “joy to the world” message, may not quite fit with the sadness we’re feeling inside. But that doesn’t mean the holidays can’t still be meaningful. Longest Night is a different kind of holiday service - held on the evening of the Winter Solstice, the longest night of the year, this ecumenical and interfaith service focuses on themes of “light in the midst of darkness” and “hope in the midst of sadness”. The service will be held December 21st at 7 p.m. (location to be announced).

2 W Main Street, Marshalltown, IA 50158, PH: 641.753.6203

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

MARSHALLTOWN - IOWA RIVER HOSPICE

Support Groups -

- **Common Bonds** - A support group for caregivers. Meets the 3rd Monday of each month at 2:00 p.m. at Villa del ‘Sol. A Social Worker is present to facilitate.
- **Meet & Eat** - This spousal support group meets the 2nd Sunday of the month at HyVee Restaurant in Marshalltown at 5:00 p.m. The group is designed to give widows and widowers the opportunity to go out for a meal to socialize with others.
- **Grief Healers** - This group meets the first Thursday of each month from 1- 2 p.m. at the Hospice office. It is open to all individuals who have experienced the death of a loved one.
- **HALOS** - “Helping All Loved Ones Survive” This group meets in Toledo at Trojan Inn the first Monday of each month at 12 p.m.

Grief Programs -

- **Grow thru Grief** - 6-week class designed to help those having a difficult time managing their grief. Participants are asked to pre-register and attend all classes. It is recommended that it has been at least three months since your loved one has died before you attend.
- **Healing Hearts** - for children ages 5-12. Call the office and ask for Megan Kurth, Karle Minear or Karen Barsley.

Iowa River Hospice, 502 Plaza Heights Road, Marshalltown IA. Above groups are free of charge; need not be hospice related.

Karla Minear(641) 753-7704/(800) 827-4521

MASON CITY - CAMP GREENTREE (Youth Bereavement Camp)

Designed to help youth, ages 7-14, normalize the grief experience. Offers an opportunity to meet others who have experienced the death of a loved one and recognize healthy, appropriate ways to express feelings and cope with the death. For further information contact the bereavement coordinator at Hospice of North Iowa, Mason City Office, 232 2nd Street SE, Mason City, IA 50401.

Information.....(641) 422-6208



Grief Support in Other Iowa Communities continued...

MASON CITY - MONTHLY POTLUCK

Hospice of North Iowa hosts a monthly potluck for family and friends grieving the loss of a loved one. Held the third Tuesday of the month at 5:30 p.m.

Hospice of North Iowa, 232 2nd Street SE, Mason City, IA 50401.

Information.....(641) 422-6208

MASON CITY - JUST FOR MEN - INFORMAL SUPPORT GROUP

A time to share food and fellowship with others who have experienced the death of someone close to them. Meetings are held the second Monday of each month from 6:00 - 7:30 p.m., Pizza Ranch, Mason City.

Hospice of North Iowa, 232 2nd Street SE, Mason City, IA 50401

Information.....(641) 422-6208

MASON CITY - UNDERSTANDING GRIEF & LOSS SUPPORT GROUP

A seven session grief support group held periodically throughout the year to provide education and support for anyone affected by a death. Free of charge. Held in different locations throughout the service area.

Hospice of North Iowa, 232 2nd Street SE, Mason City, IA 50401

Information.....(641) 422-6208

MASON CITY - MEMORIAL SERVICES

A time of reflection and remembrance for those who have died held in the spring in different locations throughout the service area.

Hospice of North Iowa, 232 2nd Street SE, Mason City, IA 50401

Information.....(641) 422-6208

MASON CITY - TREE OF LIFE PROGRAM

A time of reflection and remembrance for those who have died held in December in different locations throughout the service area.

Hospice of North Iowa, 232 2nd Street SE, Mason City, IA 50401

Information.....(641) 422-6208

MT AYR - TOUCHING OUR GRIEF

Monthly educational grief and support sessions for adults sponsored by Hospice of Central Iowa. Meets at 101 N. Polk, Mt. Ayr, IA 50854. No charge. www.hospiceofcentraliowa.org

Bereavement Counselor.....(641) 464-2088

MT PLEASANT - TOUCHING OUR GRIEF

Monthly educational grief and support sessions for adults sponsored by Hospice of Central Iowa. Meets at 204 South Jefferson, Mt. Pleasant, IA 52641. No charge. www.hospiceofcentraliowa.org

Bereavement Counselor.....(319) 385-4472

MUSCATINE - THE COMPASSIONATE FRIENDS

Helps families resolve issues of grief following the death of a child of any age. Meets the 2nd Sunday of each month at 2 p.m. at the George M. Wittich-Lewis Funeral Home, in the community room.

Contact:.....(563) 263-8112



MUSCATINE - IOWA HOSPICE BEREAVEMENT SUPPORT

- On-going support group called **'Sharing the Journey'** that meets the third Wednesday of each month from 10:30 - 11:30 a.m. at the Wesley Methodist Church located at 400 Iowa Ave., Muscatine.
- **The Bucket List Workshop** - When grief slows us down, the movie the Bucket List can remind us that there are goals out there each one of us wants to achieve. Join us for a time to consider what it can mean when (even in grief) there is a future to consider. The workshop will be held on September 8th at 6:30 p.m. at the Burlington Public Library-Meeting Room B located at 210 Court Street Burlington. Please RSVP so enough materials will be available: 563-583-5136

119 Chestnut Street, Muscatine, IA 52761, PH: 563.263.2856

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

MUSCATINE - LUNCHEONS

Social luncheons take place at 11:30 on the 4th Tuesday of every other month (February, April, June, August, October and December) at the Good Earth Restaurant, located in Schmidt's Farm Market, south of Muscatine on Highway 61. All are welcome. Sponsored by Iowa City Hospice.

E-mail: info@iowacityhospice.org website: www.iowacityhospice.org

Information.....(800) 897-3052

NEW HAMPTON - IOWA HOSPICE BEREAVEMENT SUPPORT

- On going support group 2nd Tuesday of each month at 12:00 p.m.
- **Book Club** - Book 90 Minutes in Heaven - Located at New Hampton Public Library, September 9, 16 and 23rd
- **Holiday Grief** - The workshop provides ideas on how to cope through the holidays, how to find joy though the heartache, give and receive support from one another, and relate, remember, and reach out. Flyers and information will be distributed at a later date. Nov 10th at 6 p.m. at New Hampton Office.
- **Blue Christmas** - Dec 22nd - Christmas can be a difficult time of year for those who are grieving the loss of a loved one. Sometimes the usual Christmas programs, with their up-beat music and "joy to the world" message, may not quite fit with the sadness we're feeling inside. But that doesn't mean the holidays can't still be meaningful. Blue Christmas is a different kind of holiday service - held on the evening of the Winter Solstice, the longest night of the year, this ecumenical and interfaith service focuses on themes of "light in the midst of darkness" and "hope in the midst of sadness."

18 E Main St., New Hampton, IA 50659, PH: 641.394.2033

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

NEWTON - HOSPICE OF JASPER COUNTY GRIEF SUPPORT SERVICES

204 North 4th Ave. East, Newton, IA

FOR ADULTS:

- **Life After Loss**, an educational support group for grieving adults held periodically throughout the year. Meets once a week for six weeks. No charge. Call for times and location.
Jennifer Barnett, Bereavement Services Coordinator(641) 787-3074
- **RELISH (Relax, Eat, Laugh, Interact, Support, Heal)**. Adults who are grieving the death of a loved one gather at a designated restaurant at 6:00 p.m. on the fourth Monday of each month. Supper is "Dutch treat" ordered from the menu. Call for location.
Jennifer Barnett, Bereavement Services Coordinator(641) 787-3074
- **Common Threads** is a gathering for individuals whose loved one has died and who enjoy knitting and/or crocheting. The ongoing group meets from 10-11:30 a.m. the first Wednesday of each month at Newton Village Second Floor Activity Room (110 N. 5th Avenue W.). Yarn will be provided. Bring your knitting needles and crochet hooks and join the group for crafts, coffee, cookies and conversation.
Jennifer Barnett, Bereavement Services Coordinator...(641) 787-3074



NEWTON - HOSPICE OF JASPER COUNTY GRIEF SUPPORT SERVICES

204 North 4th Ave. East, Newton, IA

FOR CHILDREN AND TEENS:

- **Kids Comfort Kits**, resources specifically designed for grieving children and their families. These resources support children as they begin to understand thoughts and feelings associated with the death of a loved one.
Jennifer Barnett, Bereavement Services Coordinator(641) 787-3074
- **Growing Through Grief**, a program for children (grades 1-6) who have experienced the death of a loved one. Held periodically throughout the year. The children’s program is 4 sessions in length. Children can feel comfortable expressing their thoughts through play, stories, games, arts and crafts, talking about feelings and conversations with a caterpillar puppet named “Felix.” Pre-registration is required. No charge.
Jennifer Barnett, Bereavement Services Coordinator(641) 787-3074
- **Grief Integration for Teens (“GIFT”)**, a grief support program for teens (grades 7-12) who have experienced the death of a loved one. Sessions for both middle school and high school students will be offered periodically throughout the school year in Newton. Each program consists of 8 sessions. Pre-registration is required. No charge. Call for dates and location.
Jennifer Barnett, Bereavement Services Coordinator(641) 787-3074

NEWTON - SERVICE OF REMEMBRANCE

Semi-annual event held in April and October honoring the memories of our patients who have died. The service includes a meditation, music, and a candle-lighting ceremony. A time of fellowship and refreshments follows the service.

Hospice of Jasper County, 204 North 4th Ave. East, Newton, IA

Jennifer Barnett.....(641) 787-3074

NORTH LIBERTY - HORIZON’S SURVIVORS PROGRAM

Serving loved ones of homicide victims. Meets the 4th Tuesday of each month from 6:30-8 p.m. at the North Liberty Community Center, 520 West Cherry Street, North Liberty, Iowa.

Email: bjfranklin@horizonsfamily.org

Information(319) 398-3943 or (877) 338-3411

OELWEIN - GRIEF SUPPORT GROUP

Structured 8 week grief support groups held two times a year. Individual support is available upon request. No charge.

Janell McElree jmmcelre@palmerlutheran.org.....(563) 422-6267 or (800) 335-0711
e-mail: jdessel@palmerlutheran.org

ONAWA - BURGESS HEALTH CENTER - HOSPICE

- **Grief Support Group** - 6-week support group offered every spring & fall.
- **Celebration of Life Ceremony** - generally held at an area church every spring.
- **Monthly Mailing of ‘Grief Process’ Articles** - for all ages.

Burgess Health Center - Hospice, 1600 Diamond St., Onawa, IA 51040. Free of charge; need not be hospice related.

Information.....(712) 423-9265



OSKALOOSA - IOWA HOSPICE BEREAVEMENT SUPPORT

- Our on-going support group is called ‘Sharing the Journey’ it meets the first Tuesday of each month at 1:00 at St. James Church in Washington, Iowa and the second Tuesday of each month at 10:00 at the Iowa Hospice office at 201 High Ave E in Oskaloosa, IA.
- **Threads of Love, Threads of Comfort, I & II** - Come together to create a shawl, or a small lap blanket in memory of a loved one using colors, fibers, and techniques that will create memories of comfort and remembrance. Beginners welcome! Anyone can be taught! Bring a friend; this is a time for relaxation and support. August 30 at 10:30 at the Oskaloosa office.
- **Holiday Grief Workshop** - The workshop provides ideas on how to cope through the holidays, how to find joy though the heartache, give and receive support from one another, and relate, remember, and reach out. September 30 at 3:00 at the Oskaloosa office.

212 1st Avenue East, Oskaloosa, IA 52577, PH: 641.676.1799

Contact info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

OTTUMWA - GRIEF SUPPORT GROUPS

Open to anyone; free of charge. Hospice, Inc., 927 East Pennsylvania, Ottumwa, IA 52501

Jan Hisel(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:877) 577-2888

PANORA - IOWA HOSPICE BEREAVEMENT SUPPORT

- Our on-going support group is called ‘Sharing the Journey’ it meets the first Monday of each month from noon -1:00 p.m., at 5399 Chimra Road, Panora.
- **The Bucket List, I & II** - When grief slows us down, the movie the Bucket List can remind us that there are goals out there each one of us wants to achieve. Join us for a time to consider what it can mean when (even in grief) there is a future to consider. We are going to place new experiences and old memories in photo journal form. Beginners welcome! Bring a friend! July 15, 5:30-7:30; August 19, 5:30-7:30; Please RSVP so enough materials will be available: 641.755.4114

Iowa Hospice Office, 5399 Chimra Road, Panora, IA

Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

PELLA - EMPTY CRADLE PROGRAM

A program sponsored by Regional Health Center of Pella to provide emotional support and educational materials to families who have experienced the death of a baby due to miscarriage, ectopic pregnancy, stillbirth, SIDS, and early infant loss. Services include support groups, individual support, keepsake box, and newsletters. Empty Cradle educates the general public and medical profession in the area of pregnancy loss and newborn death. Regional Health Center of Pella, 404 Jefferson Street, Pella, IA 50219

Heather Vander Beek, Empty Cradle Coordinator(641) 620-5050

PELLA - GRIEF SUPPORT GROUP

For anyone who is grieving the death of a loved one. Fourth Tuesday every month at 7:00 p.m.

Hospice of Pella Comfort House, 505 Union Street, Pella, IA 50219

Heather Vander Beek, Children’s Care Coordinator(641) 620-5050

PELLA - GRIEVING PARENTS SUPPORT GROUP

For parents who have experienced the death of a child of any age. Second Thursday every month at 7:00 p.m.

Hospice of Pella Comfort House, 505 Union Street, Pella, IA 50219

Heather Vander Beek, Children’s Care Coordinator(641) 620-5050



Grief Support in Other Iowa Communities continued...

PELLA - TRANSITIONS LOSS COUNSELING (TLC)

Grief counseling for adults and children in the community who have experienced a significant death loss. Free of charge. Need not be hospice-related. Hospice of Pella, 505 Union Street, Pella, IA 50219

Heather Vander Beek, Children's Care Coordinator(641) 620-5050

PERRY - TOUCHING OUR GRIEF

Monthly educational grief and support sessions for adults sponsored by Hospice of Central Iowa. Meets at 402 12th Street, Perry, IA 50220. Sponsored by Hospice of Central Iowa. No charge. www.hospiceofcentraliowa.org

Bereavement Counselor.....(515) 465-4705/(888) 206-0080

QUAD CITIES - RICK'S HOUSE OF HOPE - CENTER FOR GRIEVING AND TRAUMATIZED CHILDREN

Provides grief and trauma-specific services for children and adolescents ages pre-K and up. Peer support groups and seasonal workshops are available. Free assessment and referral services are provided. A grief resource library for the entire family is available. Camp Good Grief Summer Day Camp for bereaved children is offered the last week of July. Most programs are free of charge. Rick's House of Hope is the recipient of the 2001 Trauma and Loss Agency of the Year Award from The National Institute for Trauma and Loss in Children. www.genesishealth.com/rhoh

4867 Forest Grove Drive, Bettendorf, IA 52722. A program of Genesis Health Systems Spiritual Care Department.

Emily Gordon, Director(563) 324-9580

QUAD CITIES - SIDS SUPPORT GROUP

A support group for parents who have lost a child to Sudden Infant Death Syndrome and parents who have experienced the unexpected death of an infant. Meets as requested. Call for location.

Betsy(563) 332-6265

RED OAK - SIDS SUPPORT GROUP

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

Lu Peverill(402) 917-0510

SAC CITY - LORING FAMILY HOSPICE

- **Bereavement Support Group** - Meets on the 3rd Monday of the month.
- **Memorial Tree Lighting** - The first Sunday in December.

Family Hospice, 211 Highland Avenue, Sac City, IA 50583. Free of charge; need not be hospice related.

Sarah Kent(712) 662-7105, Ext. 6370

SIOUX CENTER - HOME HEALTH & HOSPICE

- **Life After Loss Support Group** - For those who have experienced the death of a loved one. Offered the second Tuesday of each month from 4:30-6 p.m.
- **Memories to Hold** - For parents who have experienced a miscarriage, stillbirth, ectopic pregnancy, and early infant loss.

Sioux Center Home Health and Hospice, 1400 7th Avenue SE, Sioux Center, IA. Free of charge; need not be hospice related.

Rena Negus(712) 722-8136

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

Contact:(712) 239-1226/(877) 577-3888



SIOUX CITY - CHRISTY-SMITH FUNERAL HOME

- **A Step Beyond** - This group is for those who are past the first raw stages of grief. It is open to anyone. Meets the second Tuesday of each month at 3:30 p.m. October - April, in the Community Room at Christy-Smith Resource Center located at 1819 Morningside Avenue.
 - **Picking Up the Pieces: A Young Widows Group** - This is for women in the 30ish to 50ish bracket who have lost a spouse.
 - **Broken Silence** - This is a support group for those who have lost someone to suicide. Offered in the spring and fall.
 - **Community of Daughters** - For any daughter who has lost a mother to death. Meets twice a year. Call for dates and times.
 - **Cherish the Child Remembrance Walk** - In memory of anyone who has lost a child. Second Sunday in September.
- Brenda Zahnley(712)276-7319

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 as requested.

Contact: St. Luke's Hospital(712) 279-7901

SIOUX CITY - HOSPICE OF SIOUXLAND

- **Grief & Growth** - Educational support group; 8-weeks; Call for dates and time.
- **Children & Teen Grief Support Group** - Ages 5 to 18; Call for dates and time.
- **Camp Courage** - Ages 6-17. Overnight camp (Fri.-Sun.) each June. Call for dates and times.

Hospice of Siouxland, 4300 Hamilton Blvd., Sioux City, IA 51104. Free of charge; need not be hospice related.

John Giorgio(712)233-4144/(800)383-4545

SPIRIT LAKE - IOWA HOSPICE BEREAVEMENT SUPPORT

On going support group meets the 3rd Thursday of every month, Noon to 1:00 p.m. at the Spirit Lake Office.

- **How Do I Go On?** focuses on a five-step process (feel, explore, let go, embrace, and live) for those times when loss is life-changing, if not life-threatening. Participants will be encouraged to refer to their own experiences and develop their own insights. Offered: August 11, 2010.
- **Holiday Grief Workshop** - The workshop provides ideas on how to cope through the holidays, how to find joy though the heartache, give and receive support from one another, and relate, remember, and reach out. November 18, 2010.
- **Annual Memorial Service** September 23, 2010.

1370 Lake Street, Spirit Lake, IA 51360, PH: 712.336.2941

Contact: info@iowa-hospice.com1-800-HOSPICE (467-7423)

SUMNER - GRIEF SUPPORT GROUPS

Structured 8 week grief support groups held two times a year. Individual support is available upon request. No charge.

Janell McElree e-mail: jmmcelre@palmerlutheran.org(563) 422-6267 or (800) 335-0711

VINTON - MEET AND EAT

- **Meet and Eat Group for Bereaved Adults.** Informal support group and meal for anyone who has lost a loved one. Meets at Pizza Ranch on the 1st Thursday of the month at 12 Noon. Sponsored by St. Luke's Hospice, Cedar Rapids, IA.
- Contact:(319) 369-7744



Grief Support in Other Iowa Communities continued...

WASHINGTON - GRIEF SUPPORT

- **Grief Support Group.** For adults who have lost a loved one through death. Meets periodically throughout the year.
- **Memorial Scrapbooking Group.** Meets every other Monday from 1:00-3:00 p.m. at the Hospice office. Hospice of Washington County, 948 East 11th St., Washington, IA
Jina Walton.....(319) 653-7321

WASHINGTON - SIDS SUPPORT GROUP

A support group for parents who have lost a child to Sudden Infant Death Syndrome. Meets as requested.
Tony & Tricia Lipski.....(319) 653-7418

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
Contact:(319) 232-6148/(877) 577-3999

WATERLOO - CEDAR VALLEY HOSPICE

- **The Eucalyptus Tree** program of Cedar Valley Hospice serves ill and grieving children and their families, as well as the community. No charge. Contact Stacy Baranowski.
- **Adult Grief Group** - For anyone grieving the death of someone loved. Group meets for 6 consecutive weeks. Pre-registration required.
- **Gone Too Soon** - an ongoing support group for parents of young adult children who have died. Open to anyone in the community. Facilitated by a Cedar Valley Hospice grief counselor. Meets the third Thursday of each month, 6:00 - 8:00 p.m. There is no cost and no pre-registration required for attending the support group. For more information please contact Beth Bardonner.
Cedar Valley Hospice, PO Box 2880, Waterloo, IA 50704 www.cvhospice.org
Information.....(319) 272-2002 and (800) 617-1972

WATERLOO - IOWA HOSPICE BEREAVEMENT SUPPORT

- **On going support group** - 2nd Monday of each month at 6 p.m., Waterloo Office.
- **Children’s Story Time** - Jungle Journey Children of all ages are invited to attend the reading of Jungle Journey, a children’s book about the process of grieving, and the need for each of us to do it in our own unique way. Location Waterloo office library, June 24, 10:30 a.m.
- **Paper Tear Workshop** - Join us in a creative workshop utilizing the paper tearing technique to remember loved ones lost. Part of the grieving process is remembering loved ones who have passed on by preserving memories of them. Create a beautiful keepsake with papers of different design, texture and color that include quotations, favorite sayings of your loved one, or lyrics from one of their favorite songs. The possibilities are endless and no previous experience is needed - anyone can be taught! Bring a friend for this fun and meaningful workshop. Waterloo Office at 7 p.m.
- **Holiday Grief** - Nov 8th, 6 p.m., Waterloo office.
626 Commercial St., Waterloo, IA 50701, PH: 319.232.5233
Contact: info@iowa-hospice.com.....1-800-HOSPICE (467-7423)

WATERLOO - NEW HOPE sponsored by Covenant Hospital

A support group for parents, grandparents, or caregivers who have experienced the death of an infant or young child by stillbirth, miscarriage, SIDS, cancer or other childhood illness. Couples struggling with infertility are also invited to attend this group. Meets at the Waterloo Wheaton Franciscan Covenant Medical Center, Meeting Room 1. This group meets the first Thursday of every month. For more information, call Chaplain Mary Arnold at 319-272-7370. No charge. Pre-registration is required.
Chaplain Mary Arnold.....(319) 272-7370



Grief Support in Other Iowa Communities continued...

WAUKON - HEALING HEARTS INFANT LOSS SUPPORT GROUP

Meets the 4th Sunday of every month beginning at 7 p.m. in the large conference room on the lower level of Veterans Memorial Hospital in Waukon.

Cheryl cherylflatland@hotmail.com(563) 568-5486

WAVERLY - BREAKFAST SUPPORT GROUP by Cedar Valley Hospice

Meets each month at 9:00 a.m. at area restaurants for grief support and conversation

Cheryl Elsbury-Reiher(319) 352-1274

WAVERLY - ON-GOING MONTHLY SUPPORT GROUPS by Cedar Valley Hospice

Support groups for anyone in the community grieving the death of a loved one. Held in the Waverly and Denver areas.

Cheryl Elsbury-Reiher(319) 352-1274

WEBSTER CITY - COMMUNITY GRIEF SUPPORT

Adult grief support group and follow-up social support group. Grief support for children and parents in our local schools.

Hamilton Hospice/Respite, 821 Seneca Street, Webster City, IA 50595

Christine Hassebrock(515) 832-9565

WEST BURLINGTON - GREAT RIVER HEALTH SYSTEMS

- **Grieving - The Journey to Healing** - a 9-week support group that is scheduled during the year. No charge for class; registration is required. Great River Medical Center.
Randy Gearhart(319) 763-4060
- **The Compassionate Friends** support for bereaved parents. Meets 2nd Sunday of the month at 7:00 p.m. Spruce Room (garden level) at the Great River Medical Center.
Randy Gearhart(319) 763-4060
- **Friday Share** - an informal gathering for people who have experienced loss. Meets the first Friday of every month except in July, at 5:30 p.m. No reservation required. Great River Hospice House, 1306 S. Washington Road, West Burlington, Iowa 52655(319) 768-3350 or (877) 404-4766
- **GriefShare** - A special seminar and support group for people grieving the loss of someone. Non-denominational. Sponsored by Harmony Bible Church. 13 week program meeting on Saturdays from 10am-12 p.m. Great River Medical Center.
Dan Dingus(319) 572-5451

WEST UNION - GRIEF SUPPORT GROUPS

Structured 8 week grief support groups held two times a year. Individual support is available upon request. No charge.

Janell McElree *e-mail: jmmcelre@palmerlutheran.org*(563) 422-6267 or (800) 335-0711

WINTERSET - UNDERSTANDING GRIEF - A SUPPORT GROUP TO HELP YOURSELF HEAL

A 10 session educational support group held two times yearly for anyone 18 and older who has experienced the death of a friend or family member. Sponsored by Middle River Hospice, a service of Madison County Health Care System. No fees.

Middle River Hospice, 300 Hutchings, Winterset, IA 50273

Karla Sears, LMSW *e-mail: ksears@madisonhealth.com*(515) 462-2373



SUGGESTED GRIEF LINKS

www.aarp.org - AARP/WIDOWED PERSONS SERVICE

601 E Street, N.W., Washington, DC 20049

Phone: 888-687-2277

www.adec.org - ASSOCIATION FOR DEATH EDUCATION AND COUNSELING (ADEC)

A multi-disciplinary professional organization dedicated to promoting excellence in death education, bereavement counseling, and care for the dying. Based on theory and quality research, ADEC provides information, support, and resources to its membership and, through them, to the public.

111 Deer :ale Rd, Ste. 100, Deerfield, IL 60015

Phone: 847-509-0403

FAX: 847-480-9282

E-mail: info@adec.org

www.adultsiblinggrief.com - ADULT SIBLING GRIEF

A support & resource community for surviving adult siblings.

www.amandathepanda.org - AMANDA THE PANDA

Grief support groups and camps for adults and youth ages 6-17 grieving the death of a loved one.

1000 73rd St., Suite 12, Windsor Heights, IA 50324

Phone: (515) 223-4847, Toll Free: (877) 533-4847

FAX: (515) 223-4782

E-mail: info@amandathepanda.org

www.cancercare.org - CANCER CARE, INC.

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.

275 7th Avenue, 22nd Floor, New York, NY 10001

Phone: 800-813-HOPE

E-mail: info@cancercare.org

www.candlelighters.org - CANDLELIGHTER'S CHILDHOOD CANCER FOUNDATION

An national organization whose mission is to educate, support, serve, and advocate for families of children of cancer, survivors of childhood cancer, and the professionals who care for them.

10400 Connecticut Ave., Suite 205

Phone: 800-366-2223

FAX: 301-962-3521

E-mail: staff@candlelighters.org

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

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 on -line. Counseling for individuals and families also available.

3735 Broken Bow Road, Ft. Collins, CO 80526

Phone: 970-226-6050

FAX: 800-922-6051

E-mail: wolfelt@centerforloss.com

www.centering.org - CENTERING CORPORATION

A non-profit organization dedicated to providing education and resources for the bereaved. Centering was founded in 1977 by Joy and Dr. Marvin Johnson. Over 100 books and for children and adults, My Friends Emotion Dolls, a Memory Bag for children, five videos and caring cards, plus over 200 books and resources from other publishers. Provide educational offerings and workshops for caregivers and families.

7230 Maple Street, Omaha, NE 68134

Phone: 866-218-0101

Fax: 402-553-0507

E-mail: danni@centeringcorp.com

Additional Websites: www.griefdigest.com

www.fireinmyheart.com - website for teens

www.i-remember.org - keepsake journal for adults

Suggested Grief Links continued...

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

Provides peer support to surviving families of law enforcement officers killed in the line of duty. Also provides training to law enforcement agencies on survivor victimization issues and educates the public of the need to support the law enforcement profession and its survivors.

P.O. Box 3199 - 3096 S. Highway 5, Camdenton, MO 65020

Phone: 573-346-4911

FAX: 573-346-1414

E-mail: cops@nationalcops.org

www.dougy.org - THE DOUGY CENTER

The Dougy Center provides support groups for grieving children that are age specific and loss specific. Additional services include national trainings, consultations to schools and organizations, crisis-line information, and referrals.

P.O. Box 86852, Portland, Oregon 97286

Phone: 866-775-5683 and 503-775-5683

FAX: 503-777-3097

E-mail: help@dougy.org

www.sidsalliance.org - FIRST CANDLE / SIDS ALLIANCE

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

1314 Bedford Avenue, Suite 210, Baltimore, MD 21208

Phone: 800-221-7437 and 410-653-8226

E-mail: info@firstcandle.org

www.griefnet.org - GRIEFNET.ORG

An internet community of persons dealing with grief, death, and major loss.

PO Box 3272, Ann Arbor, MI 48106

www.growthhouse.org - GROWTH HOUSE, INC.

The mission of Growth House, Inc., is to improve the quality of compassionate care for people who are dying, through public education about hospice and home care, palliative care, pain management, death with dignity, bereavement and related issues. Free monthly e-mail newsletter.

2215-R Market St., #199, San Francisco, CA 94114

Phone: 415-863-3045

E-mail: info@growthhouse.org

www.hospicefoundation.org - HOSPICE FOUNDATION OF AMERICA

A not-for-profit organization that provides leadership in the development and application of hospice and its philosophy of care.

1621 Connecticut Ave., Suite 300, Washington, DC 20009

Phone: 800-854-3402

FAX: 202-638-5312

E-mail: hfaoffice@hospicefoundation.org

Suggested Grief Links continued...

**www.nfda.org - RESOURCE CENTER
NATIONAL FUNERAL DIRECTORS ASSOCIATION**

Supplies reading materials, brochures and books to funeral directors. Also offers brochures, books and videos to the bereaved on a wide variety of subjects dealing with grief.

13625 Bishop's Drive, Brookfield, WI 53005

Phone: 262-789-1880 and 800-228-6332 FAX: 262-789-6977

E-mail: nfda@nfda.org

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

511 E. John Carpenter Freeway, Suite 700, Irving, TX 75062

Phone: 800-Get-MADD FAX: 972-869-2206/07

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

Support for crime victims, victim service providers, attorneys and counselors. Working with local, state and federal partners, the National Center for Victims of Crime provides such resources as: supportive counseling, aggressive advocacy, practical publications, training, a comprehensive website and technical assistance from highly skilled staff.

2000 M Street NW, Suite 480, Washington, D.C. 20036

Phone: 202-467-8700 FAX: 202-467-8701

Victim Services 24 hour hotline: 877-MADD-HELP (877-623-3435)

E-mail: webmaster@ncvc.org

www.nhpco.org - NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION

NHO is the oldest and largest non-profit organization in the US devoted exclusively to hospice and palliative care.

1731 King St., Suite 100, Alexandria, VA 22314

Phone: 703-837-1500 FAX: 703-837-1233

E-mail: nhpco_info@nhpco.org

www.sidscenter.org - NATIONAL SIDS/INFANT DEATH RESOURCE CENTER (NSIDRC)

Produces and provides professional and consumer education materials on SIDS and related issues such as grief and bereavement and risk reduction in fact sheets, newsletters, brochures, etc.

2115 Wisconsin Ave., NW Suite 601, Washington DC, 20007

Phone: 866-866-7437 and 202-687-7466 FAX: 202-784-9777

E-mail: info@sidscenter.org

www.pomc.com - POMC (PARENTS OF MURDERED CHILDREN)

Provides support and assistance to all survivors of homicide victims while working to create a world free of murder.

100 East Eighth Street, Suite 202, Cincinnati, OH 45202

Phone: 888-818-7662 (POMC) and 513-721-5683 FAX: 513-345-4489

E-mail: natlpomc@aol.com

www.safehorizon.org - SAFE HORIZON

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

2 Lafayette Street, 3rd Floor, New York, NY 10007

Phone: 866-604-5350 and 212-577-7700 FAX: 212-577-3897

E-mail: help@safehorizon.org

Suggested Grief Links continued...

www.NationalSHARE.org - SHARE Pregnancy and Infant Loss Support, Inc.

Provides support for those who are touched by the tragic death of a baby through miscarriage, stillbirth or newborn death.

National SHARE Office, 402 Jackson Street, St. Charles, MO 63301.

Phone: 800-821-6819 and 636-947-6164 FAX: 636-947-7486

E-mail: share@nationalshareoffice.com

www.supersibs.org - SUPER SIBS!

Services to support and honor the brothers and sisters of children diagnosed with cancer.

5005 Newport Drive, Suite 502, Rolling Meadows, IL 60008

Phone: 847-705-SIBS or 866-444-SIBS FAX: 847-776-7084

E-mail: info@supersibs.org

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

Offers support, friendship and understanding to parents and siblings grieving the death of a child.

P.O. Box 3696, Oak Brook, IL 60522

Phone: 630-990-0010 and 877-969-0010 FAX: 630-990-0246

E-mail: nationaloffice@compassionatefriends.org

www.counselingstlouis.net - THE SIBLING CONNECTION

A site created as a resource for: anyone who has experienced the death of a brother or sister; adults who grew up with a sibling who had a chronic and fatal disease; and professional counselors, psychologists, therapists and other healthcare providers.

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

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. The heart of TAPS is our national military survivor peer support network. We also offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover.

1777 F Street, NW, 6th Floor, Washington, D.C. 20006

Phone: 800-959-8277 (TAPS) and 202-588-8277

E-mails: General information & support = info@taps.org

Volunteer information = volunteer@taps.org

www.twinlesstwins.org - TWINLESS TWINS INTERNATIONAL

Founded to support twins and all multiple births who suffer from the loss of companionship of their twin.

P.O. Box 980481, Ypsilanti, Michigan 48198-0481

Phone: 888-205-8962

E-mail: contact@twinlesstwins.org

www.webhealing.com - WEBHEALING.COM

Offers a variety of grief resource links.

E-mail: golden@webhealing.com

www.wingsoflight.org - WINGS OF LIGHT, INC.

Assists survivors of aircraft accidents and those who have lost loved ones in aircraft accidents. Offers three support networks: one for survivors of plane crashes, one for family members/friends of those killed, and one for rescue/response personnel who respond to the crash.

E-mail: awaaswings@aol.com





HAMILTON'S

FUNERAL & AFTER LIFE SERVICES

Hamilton's Funeral Home • 605 Lyon St. • Des Moines, IA 50309 • Fax (515) 243-0422 • Phone (515) 243-5221
Hamilton's near Highland Memory Gardens • 121 N.W. 60th Ave. • Des Moines, IA 50313 • (515) 289-2442
Hamilton's on Westown Parkway • 3601 Westown Parkway • West Des Moines, IA 50266 • (515) 224-0078
Hamilton's Southtown • 5400 S.W. 9th St. • Des Moines, IA 50315 • (515) 285-3911
Hamilton's Altoona • 105 4th St. S.W. • Altoona, IA 50009 • (515) 967-4742
Hamilton's Mitchellville • 303 Center Avenue S. • Mitchellville, IA 50169 • (515) 967-0778
Hamilton's Crematory • 121 N.W. 60th Ave. • Des Moines, IA 50313 • (515) 289-2442
Hamilton's Academy of Grief & Loss • 605 Lyon St. • Des Moines, IA 50309 • (515) 697-3666

Hamiltons@HamiltonsFuneralHome.com • www.HamiltonsFuneralHome.com