



ACADEMY of Grief & Loss
INFORMATION
RESOURCES
EDUCATION
SUPPORT

The Academy offers to our community. . .

GRIEF INFORMATION AND RESOURCES

Grief Lending Library. An integral part of the *Academy* is our lending library which houses an extensive collection of books, periodicals, brochures and videos, for all ages, pertaining to grief and loss issues. Located at 3601 Westtown Parkway, West Des Moines, the library is open every day, and materials may be checked out for a two week period.

Community Resource Booklet. The *Academy* composes and keeps updated for our community a detailed listing of current grief and support resources available in the Des Moines area, as well as across the state. This includes support groups, counseling services and other available resources for persons of all ages.

Printable Resources. The *Academy* is pleased to offer a variety of printable grief resources for all ages. You may view/print these resources from our website: www.HamiltonsFuneralHome.com

Professional Referral Network. Consists of local professionals offering their assistance to families following a death. This includes help with: banking issues, wills, estate settlement, the donation of household possessions and clothing, and the donation of durable medical equipment. Services are free and confidential.

GRIEF-RELATED EDUCATION

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

Understanding Grief
Children's Issues of Grief & Loss
What is Cremation?

The Value of Preplanning
Funeral Directing - A Vocation
Coping with Grief

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

Tours. The *Academy* provides tours at any of our funeral home & crematory facilities for all types of groups & ages.

GRIEF-SUPPORT SERVICES

Children's Grief Services.

- The *Academy* offers two short-term grief programs especially for children. *Healing Hearts* is for children in grades one through six; *Little Hands* is for children ages 3 1/2 to 6. These programs give children a chance to interact with others their own age who have experienced the death of someone loved. We use art, music, games and stories to help children understand death and their own unique feelings which accompany their grief. Both programs are offered free of charge to all children in our community.
(PRE-REGISTRATION IS REQUIRED)



GRIEF-SUPPORT SERVICES, CONTINUED

Children Grief Services.

- **First Viewing Support** is available to families who wish to have a grief support person present for their child or children at the time of the family's first viewing at the funeral home.
- **One-on-one Counseling** is available for children and teens ages three and up. An initial grief assessment meeting takes place at no charge. Follow-up sessions are based on a simple sliding fee scale.

Crisis Debriefing Services. The *Academy* staff is available to anyone who has experienced grief-related crisis or trauma, whether it is personal, in a workplace or school setting.

Coping With Grief Symposium. Two times yearly, The *Academy* offers Hamilton's Family Services Symposium. During the Symposium, speakers address the topic: "**Coping With Grief**," offering practical suggestions to adults who have experienced a death. Representatives from community grief support organizations are also available to offer information about the services they provide. Each program concludes with a memorial candle lighting ceremony.

LGBTQ Grief Group. In conjunction with *One Iowa*, the *Academy* offers a grief support group for adults of the lesbian, gay, bisexual, transgender and queer community and their friends and family. This group meets on the 3rd Monday of each month at Hamilton's on Westtown Parkway and is free of charge.

Pet Loss Support Group. The *Academy* offers a grief support group for those who have lost a beloved pet. Our goal is to provide a group where your grief can be shared and validated by others who understand. This group is open to all members of the community ages 18 and up at no charge. This group meets as requested at Hamilton's on Westtown Parkway. For more information, or to make reservations to this program, please contact the *Academy*.

GRIEF SUPPORT IN SCHOOLS

School Grief Groups. The *Academy* offers school grief groups for school-aged students, providing grieving students the opportunity to connect with their peers as they learn and grow through their grief together at school. The six-week curriculum aims to help children understand and normalize their own grief experiences, while also providing tools for coping. This service is offered free of charge to any school (pre K-12) in the community.

Crisis Response. The *Academy* is available to respond to crisis situations when a death occurs in the school community. The *Academy* provides and facilitates grief support in a group setting to students and staff alike. This service is offered free of charge to any school (pre K-12) in the community.

Professional Training. The *Academy* offers training to school faculty and staff for any grade level. Training will equip school staff to help grieving children, providing education centered on developmental considerations and practical suggestions for supporting children in grief. Professional Training is based on a sliding fee scale.