



Cedar Valley  
Hospice

## *grief services*

*Making Each Moment Matter*



Cedar Valley  
Hospice

Waterloo Central Office  
2101 Kimball Ave., Suite 401  
Waterloo, IA 50702  
319.272.2002  
800.617.1972

Grundy Center Office  
310 East G Ave.  
Grundy Center, IA 50638  
319.824.3868  
888.878.3868

Independence Office  
801 First St. East  
Independence, IA 50644  
319.334.6960  
888.273.8957

Waverly Office  
207 20th St. NW  
Waverly, IA 50677  
319.352.1274  
877.485.7081

Hospice Home  
2001 Kimball Ave.  
Waterloo, IA 50702  
319.272.1771

[www.cvhospice.org](http://www.cvhospice.org)



*take time*

### *about us* Cedar Valley

Hospice Grief Support Services provide comprehensive counseling, support services, and educational leadership on dying, death, and grief to the community. The goal of Grief Support Services is to help family members and friends adjust to their lives after the death of a loved one.

Grief services are available free of charge to friends and family members of Cedar Valley Hospice patients, as well as anyone in the community who is grieving a loss due to death.

*“Even though I was a complete stranger, you lovingly helped me through one of the most difficult times in my life.”*

- Cedar Valley Hospice  
grief client



## *take time*

to show someone you love them.

### ***grief support includes:** individual grief counseling*

- Assessment of individual needs
- Phone calls and/or visits from a Cedar Valley Hospice grief staff member
- Bereavement classes, support groups, and workshops
- Bereavement mailings
- Grief literature
- Memorial services
- Age appropriate support for youth
- Referral to other community professionals
- Lending of books, pamphlets, and videos about grief

Everyone grieves differently. Some people find they would benefit from professional support or counseling. Individual, couples, and family sessions may be arranged by calling the Cedar Valley Hospice office nearest you.

### ***grief support groups***

Grief support groups explore the grief process and the emotions which accompany the journey to healing. These groups present important information about grief and the opportunity to share with others.

## *hospice social support*

Attending social activities following the death of a spouse or loved one may be a difficult task. Cedar Valley Hospice Social Support helps make that transition easier by providing support and friendship. Hospice Social Support meets on a regular basis for various group activities.

## *the eucalyptus tree: youth services*

Children grieve differently than adults. Clear, accurate, and age-appropriate communication with unconditional support are critical in helping children through a potentially traumatic time. The Eucalyptus Tree offers family educational sessions, Koala visits, grief mentors, and individual counseling to provide children with ways to process grief issues.

Katie and Quincy Koala offer friendship, support, and hugs to younger children while encouraging communication between children and adults on illness, death, and grief. Volunteers are available to openly discuss concerns about illness and death and to offer guidance and support in a non-judgmental manner.

## *community education*

Cedar Valley Hospice provides education on dying, death, and grief to any person, group, organization or business. Upon request, our professional staff provides presentations and workshops, free of charge, on a variety of grief-related issues. On-site visits to businesses, schools or other locations are also available.

*“Thank you. You gave me advice and always remained a good listener, while not being judgmental of me in the feelings I shared.”*

- Cedar Valley Hospice grief client

