



**CEDAR VALLEY
HOSPICE®**

Making Each Moment Matter.

Grief Support Groups and Information

Winter/Spring 2022

Support Groups

NOTE: All of our locations are open once again to the public. Masks and screenings will be required for all visitors and for support group meetings. We will continue to update this flier as we continue to add in-person meetings. Some Zoom options are still available, depending upon the group.

Waterloo Grief Support Group – Drop-In

An ongoing, drop-in, grief support group open to both community members and hospice friends and families. This group aims to help any adult grieving the death of a loved one, regardless of whether their loved one was on our hospice program. Some months focus on specific topics and other months attendees dictate topics of interest and offer peer-to-peer support as in a typical support group setting. This is a “drop-in” group - in the sense that you can come and go as you please depending on your needs or monthly availability. There is no cost to attend and registration is not required; however, if you prefer attend group via Zoom, an e-mail address is required to receive an invitation to join the group. For questions on Zoom video chatting, contact Lynette Jordan at 319.272.2002 or 800.626.2360.

When: 5:30 - 6:30 p.m., first Tuesday of every month **OR**
10 - 11 a.m., second Monday of the month

Where: In person at our Waterloo office, 900 Tower Park Dr. or via Zoom (must provide e-mail address in advance)

It's OK That You're Not OK

A closed, 8-week grief support group open to anyone who is dealing with the death of a loved one, regardless of whether they were on a hospice program. This group consists of no more than 8-10 grief survivors who will go through an 8-week series together based on the book *It's OK That You're Not OK* by Megan Devine. Devine writes, “Acknowledgement is everything... You need someone to hold your hand while you stand there in blinking horror, staring at the hole that was your life.” We will study and discuss about two chapters each week during the 8-week session. There is no cost except for the cost to purchase the book. Pre-registration is required by calling Lynette Jordan at 319.272.2002 or 800.626.2360 (to order your book).

When: Spring 2022 (call to get on the waiting list)

Where: In person (only) at our Waterloo office, 900 Tower Park Dr.

Survivors of Suicide Loss Group – Drop-In

This ongoing, drop-in grief support group is open to individuals in the community who have lost a loved one to suicide. This group aims to help those grieving the death of a loved one and is a “drop-in” group - in the sense that you can come and go as you please depending on your needs or monthly availability. There is no cost to attend. This group is being provided in partnership with Alive & Running Iowa and the support of the Iowa Chapter of the American Foundation for Suicide Prevention. There is no cost to attend and registration is not required. For questions, contact Heather Peiffer at 319.272.2002 or 800.626.2360.

When: 6 - 7:30 p.m., fourth Thursday of the month

Where: In person (only) at our Waterloo office, 900 Tower Park Dr.

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Cedar Valley Hospice Area Support Groups

Waverly Grief Support Group – Drop-In

An ongoing, drop-in, grief support group open to both community members and hospice friends and families. This group aims to help any adult grieving the death of a loved one, regardless of whether their loved one was on our hospice program. Some months focus on specific topics and other months attendees dictate topics of interest and offer peer-to-peer support as in a typical support group setting. This is a “drop-in” group - in the sense that you can come and go as you please depending on your needs or monthly availability. There is no cost to attend and registration is not required; however, if you prefer attend group via Zoom, an e-mail address is required to receive the invitation to join the group. For questions on Zoom video chatting, contact Lynette Jordan at 319.352.1274 or 800.626.2360.

When: 2:30 - 3:30 p.m., third Tuesday of the month

Where: In person at our Waverly office, 209 20th St. NW, or via Zoom (must provide e-mail address in advance)

Grundy Center Grief Support Group – Drop-In

An ongoing, drop-in, grief support group open to both community members and hospice friends and families. This group aims to help any adult grieving the death of a loved one, regardless of whether or not their loved one was on our hospice program. Some months focus on specific topics and other months attendees dictate topics of interest and offer peer-to-peer support as in a typical support group setting. This is a “drop-in” group - in the sense that you can come and go as you please depending on your needs or monthly availability. There is no cost to attend and registration is not required; however, if you prefer attend group via Zoom, an e-mail address is required to receive the invitation to join the group. For questions on Zoom video chatting, contact Lynette Jordan at 319.824.3868 or 800.626.2360.

When: 2 - 3 p.m., first Wednesday of the month

Where: In person at our Grundy Center Office, 310 East G. Ave., or via Zoom (must provide e-mail address in advance)

Independence Grief Support Group – Drop-In

An ongoing, drop-in, grief support group open to both community members and hospice friends and families. This group aims to help any adult grieving the death of a loved one, regardless of whether their loved one was on our hospice program. Some months focus on specific topics and other months attendees dictate topics of interest and offer peer-to-peer support as in a typical support group setting. This is a “drop-in” group - in the sense that you can come and go as you please depending on your needs or monthly availability. There is no cost to attend and registration is not required; however, if you prefer attend group via Zoom, an e-mail address is required to receive the invitation to join the group. For questions on Zoom video chatting, contact Laura Yeats at 319.334.6960 or 800.626.2360.

When: 10 - 11 a.m., third Wednesday of the month

Where: In person at our Independence Office, 801 First St. East, or via Zoom (must provide e-mail address in advance)

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Grief Counseling Support – private sessions

Following the death of a loved one, everyone expresses their grief in their own unique way. There is no “right or wrong” way to grieve. Because individuals may not be ready for sharing in a group setting, Cedar Valley Hospice offers individual, couple and family sessions in addition to our support groups. Counseling sessions are generally scheduled once per month for support although frequency will vary based on need.

To arrange an appointment, call:

Waterloo: Heather Peiffer – 319.272.2002

Waverly: Lynette Jordan – 319.352.1274

Independence: Laura Yeats – 319.334.6960

Grundy Center: Lynette Jordan – 319.824.3868

NOTE: All grief support services are offered at **no cost** to the participant and are open to anyone in the community.

Eucalyptus Tree Program (support for youth)

The Eucalyptus Tree is a program for grieving youth and their families. We offer a several services that may be beneficial for the youth ages 5-17. The services that are recommended are based on many factors, including the child’s age, what is happening and what family goals are. We work together with you to design a plan that reinforces your family’s values and needs.

These services may include one of more of the following:

- A visit from Katie or Quincy Koala for young children
- An informative and supportive session for the entire family
- Parent Consultation
- Grief Counseling/Mentoring

Please contact Mikaela Hines, Eucalyptus Tree Coordinator, at 319.272.2002 or 800.626.2360 to discuss the needs of youth.



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WHAT: Videos of crafts, stories and conversations relating to the grief experience for young people.

WHY: Helps young people who have lost someone special understand their feelings associated with grief. TreeTV is an extension of the Cedar Valley Hospice Eucalyptus Tree Youth Grief Program.

WHERE TO WATCH:

- Scan the QR CODE below.
- Visit www.cvhospice.org and go over to ‘Our Services’ and then click on ‘Eucalyptus Tree’. Click on the links to the videos on YouTube.
- You can also subscribe to our YouTube Channel and get updates when new videos are uploaded.



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