Waterloo Area Grief Support Groups

Waterloo Drop-In Support Group
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 a hospice program. Some months we have specific topics to discuss, other months we have support and community held 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 monthly availability. There is no cost to attend and registration is not required.

When: 5:30 - 6:30 p.m., third Monday of every month
Where: Cedar Valley Hospice - 4th floor Board Room, 2101 Kimball Ave., Waterloo

Men’s Support Group
This ongoing daytime support group for men will be for those who have lost their wives, either on hospice or not. This group is open to the community and free to attend. For more information, contact Theresa Kramer at 319.272.2002.

When: 9 - 10 a.m., second Thursday of every month
Where: Cabin Coffee, 2040 Kimball Ave., Waterloo

What Now?!
An ongoing, drop-in grief support group open to both community members and hospice friends and families for those in their 30s - 60s who have lost a spouse. This group aims to help any adult grieving the death of their spouse, regardless of whether their loved one was on a hospice program. This group centers around what happens now that you have lost a spouse and moving on. This is a drop in group in the sense that you can come and go as you please depending on your monthly availability. There is no cost for this group and it is open to anyone in the community, however, pre-registration is required by calling Stacy Baranowski at 319.272.2002.

When: 6:30 - 7:30 p.m., first Monday of each month (NOTE: Group will start on Monday, Sept. 12 due to the holiday.)
Where: Cedar Valley Hospice - 4th floor Board Room, 2101 Kimball Ave., Waterloo

Suicide Survivor’s Support Group
Waterloo will also be holding an eight-week support group for suicide survivors anticipated to start in August/September 2016. This group is a closed group and is for individuals who have lost a loved one to suicide. There is no cost to attend this group but pre-screening is required. If interested, please contact Kassidi Braby at 319.272.2002 to be put on a callback list when the dates and times are finalized.

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Parkersburg Social Support Group

This group provides the opportunity for survivors to receive support from others who have experienced the loss of a loved one. Educational materials regarding the grief process and coping with loss is shared with the group at each meeting. This group is open to anyone who is coping with loss of a loved one. Cost: each individual orders and pays for their own lunch. No other cost for group. For more information, contact Kassidi Braby at 319.272.2002.

When: 11:30 a.m., third Tuesday of each month
Where: Contact Kassidi Braby at 319.272.2002 for location.

Grundy Center Area Grief Support Group – Drop-In

An ongoing, drop-in, grief support group open to both community members and hospice friends and families. This group is a “drop-in group” in the sense that you can come and go as you please depending on your monthly availability. There is no cost to attend and registration is not required. For more information, contact Theresa Kramer at 319.824.3868.

When: 10 a.m., first Monday of the month
Where: Cedar Valley Hospice - Grundy Center Office, 310 East G. Ave., Grundy Center

Waverly Area Grief Support Groups

Understanding Your Grief
A closed, eight-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 eight-week series together. There is no cost but pre-registration is required. To be put on a callback list when the group dates are identified, please contact Cheryl Elsbury-Reiher at 319.352.1274.

When: Fall 2016 (Dates TBD)
Where: Cedar Valley Hospice - Waverly Office, 207 20th St. NW, Waverly

Comfort & Conversation - What’s Next
Ongoing group meets monthly to support the newly bereaved to provide education, support and comfort. Contact Cheryl Elsbury-Reiher at 319.352.1274 for location and more information.

When: 5:15 - 6:15 p.m. (Dates TBD)
Where: Waverly (Meeting places TBD)

Waverly Breakfast Grief Support Group
There is no cost and pre-registration is not required. This group is open to anyone, regardless of whether their loved one was on a hospice program. For more information about this group and the location, please call Cheryl Elsbury-Reiher at 319.352.1274.

When: 9 a.m., first Monday of the month
Where: Local area restaurants – location changes monthly

Waverly Lunch Social Support Group
There is no cost and pre-registration is not required. This group is open to anyone, regardless of whether their loved one was on a hospice program. For more information about this group and the meeting location, please call Cheryl Elsbury-Reiher at 319.352.1274.

When: Third Tuesday of the month, 11:30 a.m.
Where: Local area restaurants – location changes monthly

Independence Area 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 a hospice program. This is a “drop-in group” in the sense that you can come and go as you please depending on your monthly availability. There is no cost to attend and registration is not required. For more information, contact Kassidi Braby at 319.272.2002.

When: 10 a.m., first Thursday of each month
Where: Cedar Valley Hospice - Independence Office, 801 First St. East

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Hospice Social Support programs are offered twice a month at varying locations in the Cedar Valley. Expense is the cost of your meal, and/or the special activity. We will try our best to give you a personal call to see if you will be attending our events. This is most important when we are having a catered event. They will leave a message, but if they are unable to do that, it will be your responsibility to let them know if you are coming.

* A reminder to dress in layers if possible at monthly meetings, as you never know the temperature of different restaurants.

**September**

When: Thursday, Sept. 8 at 11:30 a.m. – Lunch & cards  
Where: Highway 63 Diner, 3030 Marnie Ave., Waterloo

When: Thursday, Sept. 20 at 11:30 a.m. – Lunch & cards  
Where: Eagle’s, 201 First St., Waterloo

**October**

When: Thursday, Oct. 6 at 11:30 a.m. – Lunch & cards  
Where: Pizza Ranch, 4302 University Ave., Waterloo

**November**

When: Wednesday, Oct. 19 at 11:30 a.m. – Lunch & cards  
Where: Golden China, on Kimball Avenue, Cedar Falls

**December**

When: Thursday, Nov. 3 at 11:30 a.m. – Lunch & cards  
Where: Souhttown, 2026 Bopp St., Waterloo

For more information on upcoming Hospice Social Support meetings or to place your reservation, please call one of the volunteer facilitators: Pat Faye, 291.3076; Mary Gerholdt, 266.1632; Diana Lauterbach, 230.0218; Mary Weber, 290.8251. You can also call Berdell or Nathan at the Cedar Valley Hospice office, 272.2002.

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**2016 Memorial Services**

Cedar Valley Hospice will be hosting our 2016 memorial services at the sites listed below. If your loved one was on our hospice program from August 1, 2015 through July 31, 2016, please join us for a service of remembrance and fellowship as we remember those we have served. Please note that if you are currently receiving our grief mailings and your loved one was served within the dates above, you will automatically receive an invitation to a memorial service at one of the four locations listed below, however anyone is welcome to attend. If you are a community bereavement client who is receiving grief support, please contact our office at (319) 272.2002 if you plan on attending a service and desire to have your loved ones name read as part of the service. As we may not have addresses for all of your family members, please know that they also are welcome to attend. For more information, please contact Nathan Schutt at 319.272.2002.

**Grundy Center**

When: Monday, Oct. 3, 6 p.m. Candle Lighting & 6:30 p.m. Service  
Where: United Methodist Church, 707 Sixth St., Grundy Center

**Independence**

When: Monday, Oct. 10, 6:15 p.m. Candle Lighting & 6:30 p.m. Service  
Where: Cornerstone Foursquare Church, 707 20th Ave. SW, Independence

**Waterloo**

When: Monday, Oct. 17, 5:30 p.m. Social Time, 6:15 p.m. Candle Lighting & 6:30 p.m. Service  
Where: Nazareth Lutheran Church, 7401 University Ave., Cedar Falls

**Waverly**

When: Monday, Oct. 24, 6:45 p.m. Candle Lighting & 7 p.m. Service  
Where: Redeemer Lutheran Church, 2001 W. Bremer Ave., Waverly

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The Eucalyptus Tree Program

The Eucalyptus Tree is a program for grieving children and their families. We offer a number of services that may be beneficial for the young people in your family. The services that are recommended are based on many factors, including the child’s age, what is happening and what the family goals are. We work together with you to design a plan that reinforces your family values and needs.

These services may include one of more of the following:

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

Please call Kassidi Braby in the Waterloo office at 319.272.2002 to discuss the needs of your young people.

Grief Department welcomes new intern

Cedar Valley Hospice welcomes Marshall Abbe to the grief department. Marshall is a Master of Social Work student at the University of Northern Iowa who will be helping for the next two semesters in the grief department. He will be making grief support calls, facilitating groups and eventually helping with grief appointments in the office. We welcome him to the agency and the grief department as he looks forward to serving the grief needs of our clients.