



**CEDAR VALLEY  
HOSPICE®**

*Making Each Moment Matter.*

# Grief Support Groups and Information

Spring 2023

## Support Groups

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**NOTE:** All of our locations are open once again to the public and masks are not required for visitors or to attend groups. Some Zoom options may still be available.

### 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. For questions, contact Heather Peiffer at 319.272.2002 or 800.626.2360.

**When:** 5:30 - 6:30 p.m., first Tuesday of every month

**Where:** In person at our Waterloo office, 900 Tower Park Dr.

### 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:** Please call to be put on a waiting list.

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

### 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 our 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 *Understanding Your Grief* by Alan Wolfelt. Wolfelt writes, “Allowing yourself to grieve is honoring your grief. Over time, the pain of your grief will keep trying to get your attention until you have the courage to gently, and in small doses, open yourself to its presence.” There is no cost, unless you wish to purchase the book. Pre-registration is required by calling Heather Peiffer at 319.272.2002 or 800.626.2360 (to order your book).

**When:** Please call to be put on a waiting list.

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

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## 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. 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. There is no cost to attend and registration is not required. Sometimes it can be difficult to walk through the door alone. If you would like someone to meet you at the door and support you through your first session, this can be arranged by giving us a call. 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.

## Cedar Valley Hospice Area Support Groups

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### 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. For questions, contact Lynette Jordan at 319.352.1274 or 800.262.2360.

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

**Where:** In person at our Waverly office, 209 20th St. NW

### 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. For questions, 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.

### 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. For questions, 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

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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 several services that may be beneficial for youth ages 5-17 and their families. 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 can be provided in school, at home or at any of our office locations.

These services may include one or 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.



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

**WHY:** Helps young people who have had a loved one die understand their feelings associated with grief. TreeTV is an extension of the Cedar Valley Hospice Eucalyptus Tree Youth Grief Program.

**WHERE TO WATCH:**

- Visit [www.cvhospice.org](http://www.cvhospice.org) and go over to ‘Services’ and then click on ‘Grief Support’. Scroll down to TreeTV and then click on the ‘View Videos’ button.
- You can also subscribe to our YouTube Channel and get updates when new videos are uploaded.

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