



**CEDAR VALLEY  
HOSPICE®**

*Making Each Moment Matter.*

# Grief Support Groups and Information

January - April 2025

## Support Groups

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### 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 Laura Yeats 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.

### Closed Grief Support Group – Pre-registration required

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 will consist of no more than 8-10 survivors who will meet weekly to discuss a book about navigating grief and loss. We will study and discuss approximately two chapters each week during the 8-week session. The focus of these groups will be to expand your understanding of grief while connecting with other grievers. There is no cost except for the cost to purchase the book. **Pre-registration is required** by calling Laura Yeats at 319.272.2002 or 800.626.2360.

**When:** Please call to be put on the waiting list

**Where:** In person at one of our Cedar Valley Hospice offices in Waterloo, Waverly, Independence and/or Grundy Center

### 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 Lynette Jordan at 319.272.2002 or 800.626.2360.

**When:** 5:30 - 6:30 p.m., fourth Thursday of the month

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

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# 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 800.626.2360.

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

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

## 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:** 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

## Child Loss Grief Support Group (Independence) – Drop-In

An ongoing, drop-in, grief support group open to individuals in the community who have experienced the loss of a child. This group is intended to provide peer support to parents grieving the death of a child of any age. 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 319.334.6960 or 800.626.2360.

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

**Where:** In person at our Independence office, 801 First St. East

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## Grief Counseling Support – Private sessions

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

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:** Laura Yeats – 319.272.2002

**Waverly:** Lynette Jordan – 319.352.1274

**Independence:** Laura Yeats – 319.334.6960

**Grundy Center:** Lynette Jordan – 319.824.3868

Scan QR Code to:

- Meet the grief team
- See more grief resources



## 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 youth’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 Danejia Lobdell, Eucalyptus Tree Coordinator, at 319.272.2002 or 800.626.2360 to discuss the needs of youth.



**COMING IN JULY: Our 10th annual Youth Grief Day Camp!**

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