



**CEDAR VALLEY
HOSPICE®**

Making Each Moment Matter.

Grief Support Groups and Information

June – December 2026

Support Groups

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.

Page 1 of 3

319.272.2002 | cvhospice.org | 800.626.2360

Waterloo · Grundy Center · Waverly · Independence · Hospice Home

Cups of Comfort Social Group – RSVP requested

Grief can be heavy to carry. Pull up a chair and join us for a monthly gathering for coffee and camaraderie with others who have experienced the death of a loved one. There is no cost to attend. RSVP in advance to Clark at 319.272.2002 or 800.626.2360.

When: 10 - 11:30 a.m., third Friday of every month

Where: Cedar Falls/Waterloo area – location varies



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. 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, 300 E. Bremer Ave., Suite 100

Grundy Center Grief Support Group – Drop-In



Cedar Valley Hospice is hosting a new grief support group for anyone in the Grundy area who is looking for support by connecting with others who are grieving. This will be a casual 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 more information, reach out to Lynette Jordan, at 319.824.3868 or 319.272.2002.

When: 1:30 - 3 p.m., second Wednesday of the month - Starting Jan. 14

Where: Natural Grind, 721 G Ave., Grundy Center (semi-private room in the back of the building)

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



Grief Support Groups and Information

June – December 2026

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

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 – 319.272.2002

Waverly: Lynette – 319.352.1274

Independence: Clark – 319.334.6960

Grundy Center: Lynette – 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. These services can be provided in school, at home or at any of our office locations. Please contact Danejia, Eucalyptus Tree Coordinator, at 319.272.2002 or 800.626.2360 to discuss the needs of youth.

These services may include one or more of the following:

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

Grief Day Camp – Ages 5-12

The Eucalyptus Tree program is hosting a free grief camp for youth ages ages 5-12 who are grieving the death of a loved one. All campers will receive lunch and a T-shirt. Youth will be able to share their story with other kids and learn about grief through participating in fun, theme-oriented activities. Adults are invited to attend a discussion group at 1 p.m. and join the youth for a closing ceremony at 2:30 p.m. To register for this event or for more information, please call 319.272.2002 and ask for Danejia. You can also visit cvhospice.org to register. RSVP by July 1.

When: Wednesday, July 15, 10 a.m. – 3 p.m.

Where: Hawkeye Community College, Tama Hall

Theme: Healing Trails - Camping

Page 3 of 3

319.272.2002 | cvhospice.org | 800.626.2360

Waterloo · Grundy Center · Waverly · Independence · Hospice Home