

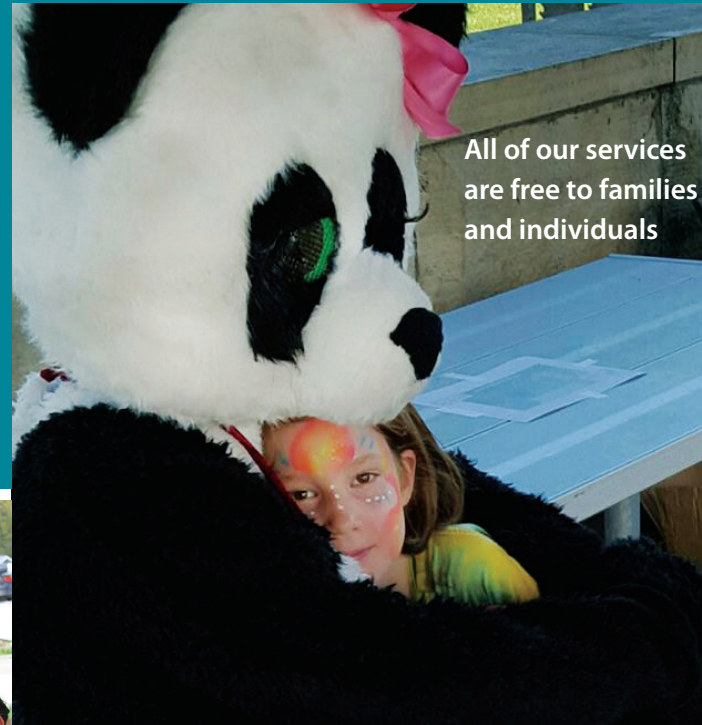
EveryStep 
Grief & Loss Services

Amanda the Panda



Innovative grief support services that promote hope and healing to individuals, children, and families.

We Bring Hope and Healing



All of our services are free to families and individuals



Death touches us all at some point in our lives. It might be the death of a parent or grandparent, a child or sibling, or a beloved friend or relative. Since 1980, the Amanda the Panda program has delivered love and caring to grieving children, adults, and families. **Our goal is to help anyone who has experienced the death of someone they love.**

Grief varies from person to person, from day to day. We work to make sure our services meet the needs of each individual. We accompany each person on their grief journey, supporting and listening, providing tools for healthy coping along the way.

Services are offered throughout the year to people across the state. Everyone is welcome.

If you know someone who is grieving, please encourage them to contact EveryStep's Amanda the Panda program.

(515) 223-4847 | everystep.org

EveryStep 
Grief & Loss Services

Home of Amanda the Panda

1821 Grand Avenue
West Des Moines, IA 50265
(515) 223-4847 | (877) 533-4847

griefandloss@everystep.org
everystep.org

Programs and Services for Children and Adults

For information about upcoming programs and events, visit everystep.org

Camp

At Amanda the Panda Grief & Loss Camp, children (kindergarten and older), teens and adults find a place of comfort and support as they connect with others who have experienced the death of a loved one. With the companionship of trained volunteer camp counselors, campers gather to honor, remember, learn and grow in their grief journey.

Campers are grouped with peers their own age and enjoy the fun of overnight camp. Camp counselors and volunteers lead campers through age-appropriate activities that focus on remembrance and healing. Fun and laughter are always huge components of the weekend! Registration is required.



Peer Support Groups

With the goal of promoting peer support and connectivity, support groups work to recognize how grief affects our minds and our bodies. Each activity helps participants identify and accept grief emotions like anger and guilt, learn healthy coping skills, and create rituals to honor loved ones who have died.

Six-week support group sessions are held throughout the year, with meetings taking place on Monday evenings. Every support group includes dinner followed by small group activities based on age and type of loss to facilitate discussion and sharing. Childcare is available upon request for children 0 to preschool-aged. Registration is required.

Winter Session: Winter Wellness

Spring Session: Grief Through the Expressive Arts

Summer Session: Growing Through Grief

Fall Session: Seasons of Change



Community Support

Many times we experience grief as a community. Maybe your organization or workplace has lost a member of its team, or your town is suffering the loss of a special individual. We offer support to groups and entire communities through our Day of Hope and Healing and with other programs tailored to the needs of the community. Activities help residents heal after tragedy and promote healing for losses that may not fit within our traditional support groups and camps.

Looking to Make a Difference?

The important work we do is fueled by the enthusiasm and love of hundreds of volunteers. There are many ways to help, from gift wrapping and housekeeping, to participant interaction and support.* If you or someone you know would like to make a difference in the lives of others, please go to everystep.org and click on **Grief & Loss Services** or call our office.



Social Support Events

Fun Days are devoted to engaging participants in activities that promote fun and offer an opportunity for individuals, children, and families to rebuild after the death of a loved one. Bring your whole family and even some friends for a fun social outing offered at various times throughout the year.

School Visits and Presentations

Our staff and volunteers often visit students and staff that have been affected by the death of a loved one, classmate or a member of the school staff. Activities and discussion are tailored to meet the needs of the students and situation.

If you're not able to volunteer, but still want to help us carry out our important mission, we encourage you to make a monetary or in-kind donation. Donations are tax-deductible. **For a list of items that may be donated, call us at (515) 223-4847.**

**Specialized training is provided*