

Amanda the Panda



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 and 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
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griefandloss@everystep.org
everystep.org

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

everystep.org

All of our services are free to families and individuals.

Programs and Services for Children and Adults

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

Braving Grief: Support Groups

Groups aim to foster a safe and supportive space, with a focus on finding personal strength, forming deeper relationships, sharing your story, discovering more meaning in life, and seeing new possibilities. With the goal of promoting peer support and connectivity, support groups work to recognize how grief affects our minds and our bodies. Trained facilitators guide groups through meaningful discussion and activities. Each activity helps participants learn healthy coping skills, and create rituals to honor their loved ones who have died.

Groups are open to adults, and to children ages 5 and older.

Multiple grief group sessions are held throughout the year, with meetings held one night each week for six weeks. Every support group includes dinner followed by small group activities based on age and type of loss to facilitate discussion and sharing. Virtual options may also be available.

Childcare is available upon request for children younger than kindergarten. Registration is required.

School-Based Support

Studies show that roughly 1 in 14 school-aged children will lose a parent, and 1 in 5 will lose someone close to them. Feelings of grief and loss can also stem from divorce, abandonment, incarceration, and other traumatic events.

Since 2018, EveryStep's Amanda the Panda program has provided on-site programming at more than 30 Iowa schools to support children experiencing grief and loss. Throughout each 6-week session, students share their grief stories, connect with peers and learn resiliency skills to feel better equipped to cope with grief in healthy ways.

Each child's grief is personal and unique. Our staff are trained to assist with the complexity of what it means to experience grief and loss at a young age.

By giving kids healthy coping skills and tools to address their grief, we can help them down a path that leads to healing, positive relationships with others, and success at school. Our group-based approach provides the necessary amount of support for most kids, while allowing our staff to identify kids who need a higher level of support.

Cheer Boxes

The holidays can be extremely difficult the first year after the death of a loved one. Each year, hundreds of volunteers assemble and deliver Cheer Boxes, filled with 12 meaningful gifts that give individuals and families the opportunity to come together and honor their loved one. Nominations for recipients can be made year-round by visiting our website.



Scan the code to go to our **Cheer Box nomination form.**

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.



Supplemental Programming

Ranging from dinner club gatherings for young adults, to opportunities to attend local events, Amanda the Panda engages participants in activities that promote socialization and help individuals, children, and families rebuild after the death of a loved one.

You Can Make a Difference!

The important work we do is fueled by the enthusiasm and love of hundreds of donors and volunteers. There are many ways to help:

- Make a donation at everystep.org/donate (*donations are tax-deductible*)
- Volunteer to wrap gifts or deliver Cheer Boxes
- Volunteer to prepare meals during our support group nights.
- Help lead support groups and other activities.*
- Make an in-kind donation (*please call to inquire about current needs*)

If you or someone you know would like to help us carry out our important mission, we encourage you to call **(515) 223-4847**.

**Specialized training is provided*

