

Iowa Suicide Bereavement Support Groups - Adults

Since 1980, EveryStep's Amanda the Panda program has delivered love and caring through innovative services such as weekend grief camps, support groups, fun days, school visits and holiday support to inspire hope and healing after the death of a loved one. For more information, visit everystep.org
(515) 223-4847 | (877) 533-4847

Cedar Rapids – Suicide Survivors Group

Contacts: Nancy Oehlert, noehlert@foundation2.org
319-362-2174, 800-332-4224 (in-state only)
Sheryl McCormick, smccormick@foundation2.org
Meeting Place: Foundation 2 Administrative Office,
1714 Johnson Avenue NW, Cedar Rapids, IA 52405
Meeting Days/Time: 2nd & 4th Tuesday of each month,
6-7:30pm
Facilitated by: Professional
Charge: none/ donations accepted

Davenport – Survivors of Suicide Loss Support Group

Contact: Lou Meyer, 630-430-4227
loumeyer@yahoo.com
Meeting Place: NAMI Office, 1706 Brady Street, Suite
101, Davenport, IA 52803
Meeting Day/Time: First Monday of every month,
6:30-7:30pm
Facilitated by: Peer
Charge: None

Des Moines – Coping After A Suicide Support Group

Contacts: Joann McCracken Young, 515-286-3600,
mccrackenpie@aol.com
Meeting Place: Pol County Crisis and Advocacy
Services, 2309 Euclid Ave, Des Moines, IA 50309
Meeting Day/Time: 4th Saturday of each month, 9-
10:30am; 2nd Thursday of each month, 6-7:30pm
Facilitated by: Peer/Professional
Charge: none

DeWitt – MJL Foundation Suicide Grief Support

Website: <http://www.mjlfoundation.org>
Contact: Betsy Loehr, 563-843-3655,
there.is.hope@hotmail.com
Meeting Place: Frances Banta Waggoner Library
505 10th St., DeWitt, IA 54742
Meeting Day/Time: 3rd Friday of each month, 6-7:30pm
Facilitated by: Peer/Professional
Charge: None

Dubuque Area Suicide Survivors' Support Group: A Grief Group for Family and Friends

Contact: Sue Whitty, susan.whitty@hillcrest-fs.org, 563-
582-0145
Meeting Place: Westminster Presbyterian Church, 2155
University Ave, Dubuque, IA 52001 (located on the
corner of Loras and University Ave)
Meeting Day/Time: 2nd Tuesday of each month, 7pm
Facilitated by: Professional
Charge: None

Humboldt – Survivor of Suicide Loss and Bereavement Information and Resources

Contacts: Kim Vitzthum, 515-332-5654, mkvitz@q.com
Meeting Time/Place: N/A; Contact for individual support
Charge: None

Iowa City – Coping with Suicide Loss Support Group

Contact: Keri Neblett, 319-351-0140,
keri.neblett@jccrisiscenter.org
Meeting Place: 1105 Gilbert Court, Iowa City, IA 52240
Meeting Day/Time: 1st Thursday of each month, 7-
8:30pm, no charge
Facilitated By: Peer, supervised by professional

Knoxville – The Safe Place

Contact: Shelly Braley, 641-891-5912,

rochelle@iowatelecom.net

Meeting Place: Celebrate Church

1005 N Lincoln, Knoxville, IA 50138

Meeting Day/Time: 1st Thursday of each month

Facilitated by: Peer/Professional

Charge: None