

Braving Grief Support Groups - Session 3

Thursdays, May 18 – June 29

(Please note, there will not be a group meeting on June 15)

1821 Grand Avenue | West Des Moines, IA 50265

Free support groups for anyone who has lost a loved one, with groups for children ages 5 and up, teens and adults.

Groups will 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.

**Registration
is Required**

*Registration
opens on
April 1*

Groups are in-person.

A virtual option may be offered pending interest.

To register, e-mail **griefandloss@everystep.org** or call **(515) 223-4847**.



Grief in Common GROUPS

Thursdays
6-7:30 p.m.

For ages 5 to adult who have experienced the death of a loved one.
(Participants grouped by age.)



Traumatic Loss GROUP

Thursdays
6-7:30 p.m.

For those 18+ who have experienced sudden and unexpected loss.



Little Footprints GROUP

Thursdays
6-7:30 p.m.

For those 18+ who have experienced pregnancy and infant loss.