



Grief & Loss Services

Home of Amanda the Panda

2025 Braving Grief Support Groups

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

Groups are in-person. A virtual option may be offered pending interest.

To register, you can:

- E-mail griefandloss@everystep.org
- Call (515) 223-4847
- Or visit www.everystep.org/services/grief-loss/registration



Support groups are held Mondays, 6 - 7:30 p.m.

Session 1

January 6 – February 10

Registration opens December 1

Session 2

March 10 – April 14

Registration opens February 1

Session 3

May 12 – June 23

Registration opens April 1

Session 4

July 21 – August 25

Registration opens June 1

Session 5

September 22 – October 27

Registration opens August 1



Grief in Common GROUPS

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



Traumatic Loss GROUP

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



Little Footprints GROUP

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