

# Braving Grief Support Groups

January 16 – February 20

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  
December 1*

Groups are in-person.

A virtual option may be offered pending interest.

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



## Grief in Common GROUPS

Mondays  
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

Mondays  
6-7:30 p.m.

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



## Little Footprints GROUP

Mondays  
6-7:30 p.m.

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