

Iowa Suicide Bereavement Support Groups

The following is a list of adult/adolescent suicide bereavement support groups. This list is provided as support is an important resource for those bereaved by suicide. Suicide bereavement support groups are vital to suicide prevention efforts as well and these groups are identified throughout the [Iowa Suicide Prevention Plan 2015-2018](#). The Iowa Department of Public Health makes these support group lists as a public service and does not run, recommend, endorse, or fund any of the groups listed. In addition, we do not monitor individual groups. We update information on a quarterly basis.

Each of the groups is facilitated by at least one individual that has completed training or has an educational background in counseling that specifically qualifies them to facilitate the group. The group meets at least monthly and has a primary focus of supporting those who are bereaved by suicide. Descriptions of each group include contact information for the group coordinator; meeting location, day, and time; type of facilitator, and age range supported. Each group is provided at no cost unless otherwise noted. If you have questions about this list or to have your group listed, contact Pat McGovern at pat.mcgovern@idph.iowa.gov.

If you need resources or immediate support, please call the National Suicide Prevention Lifeline at 1-800-273-8255 or visit www.suicidepreventionlifeline.org.

Cedar Rapids - Suicide Survivors Group (Adults welcome)

Contacts: Nancy Oehlert, noehlert@foundation2.org, 319-362-2174, 800-332-4224

Jan Ziskovsky, jziskovsky@foundation2.org

Meeting Place: 1030 5th Avenue SE, Cedar Rapids, IA 52405

Meeting Days/Time: 2nd & 4th Tuesday of each month, 6-7:30pm

Facilitated by: Professional

Cedar Rapids – Youth Suicide Survivors Support Group (Adolescents welcome)

Contact: Trisha Dean, TDean@foundation2.org, (319) 366-8797

Meeting Place: No permanent meeting place, group members informed on a week-to-week basis. Update to come

Meeting Day/Time: 2nd and 4th Tuesday of each month, 6:00-7:30 pm

Ages Served: 13-17 years old, but group is flexible based on individual need

Facilitated by: Peer/Professional

Davenport – Families of Suicide Loss Support Group

Contact: Cheri Jenkins, cherinkids@yahoo.com, (309) 716-0257

Meeting Place: St. Paul's Lutheran Church Library Conference Room, 2136 Brady, Davenport, IA 52806

Meeting Day/Time: First Monday of every month,

6:30pm to 7:30pm

Facilitated by: Peer

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Decorah (Adults and Adolescents (Ages 15+) welcome)

Contacts: Marcia Oltrogge, 563-382-3649, oltrogma@neimhc.org

Meeting Place: Northeast Iowa Behavioral Health, 905 Montgomery St. Decorah, IA

Meeting Day/Time: First Sunday of each month, 7:00-8:30 pm

Facilitated by: Professional

Des Moines - Coping After a Suicide Support Group

Contacts: Suicide Loss Group, 515-286-3600, pccas@polkcountyiowa.gov, Stef McAdam, 515-491-3446,

stef@knappproperties.com

Meeting Place: Polk County Crisis and Advocacy

Services, 2309 Euclid Ave, Des Moines, IA 50310

Meeting Day/Time: Last Saturday of each month,
9-10:30 am; 2nd Thursday of each month, 6-7:30 pm

Facilitated by: Peer/Professional

Dubuque Area Suicide Survivors' Support Group: A Grief Group for Family and Friends (Adults and Adolescents welcome)

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

Hampton – Remembering Lives Lost to Suicide (Adults and Adolescents (Ages 16+) welcome)

Contact: Jill Odell, jill.odell3@gmail.com, 641-430-8034

Meeting Place: The Lighthouse of Light, 420 4th St. SE, Hampton, IA 50441

Meeting Day/Time: 2nd and 4th Thursday of each month, 6:00-8:00PM

Facilitated by: Two Peers

Iowa City – Coping with Suicide Loss

Contact: Rochelle Honey-Arcement, 319-351-0140, rochelle.honey-arcement@jccrisiscenter.org

Meeting Place: Johnson County Crisis Center, 1105 Gilbert Court, Iowa City, Iowa 52240

Meeting Day/Time: First Thursday of every month, 7:00-8:30pm

Facilitated by: Peer

Knoxville - The Safe Place (Adolescents welcome)

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

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Mason City – Touched by Suicide

Contact: Wendy Martinez, 641-420-0049, touchedbysuicidemasoncity@gmail.com

Meeting Place: First Baptist Church, 125 East State St. Mason City, IA – Room is upstairs to the left

Meeting Day/Time: 3rd Thursday of each month, 6:00-8:00pm

Facilitated by: Peer/Professional

Newton (Adults and Young Adults welcome)

Contact: Kristena Strum, 641-940-9399, tenal18809@gmail.com or Elsie Ulland LCU@iowatelecom.net

Meeting Place: Newton Public Library, 100 N 3rd Ave. W, Newton

Meeting Day/Time: 3rd Saturday of each month, 11:00am-12:30pm

Facilitated by: Peer

Omaha – Parents of Suicides Together (Adults welcome)

Contact: Karen McElroy 402-556-7307 parentsofsuicidestogether@yahoo.com

Meeting Place: St. Andrew's Episcopal Church 925 South 84th Street (corner of Pacific), Omaha, NE 68114

Meeting Day/Time: Meetings held monthly on the second Tuesday of the month from 7:00-9:00pm

Facilitated by: Peer

Note: The group is for parents who have lost a child to suicide. Because we need to talk more, the moms also get together one Saturday or Sunday a month at 12:30 pm for lunch. The date varies. For information on the date and location, e-mail Lisa at: parentsofsuicidestogether@yahoo.com.

Pella- Survivor of Suicide Loss Support Group (Adults welcome)

Contact: Julie Seemann 641-620-5058 jseemann@pellahealth.org

Meeting Place: 505 Union St. (downstairs at the hospice comfort house) Pella, IA

Meeting Day/Time: 3rd Thursday of each month, 7:00pm

Facilitated by: Peer/Professional

Spencer – GLASS Suicide Awareness and Prevention (16+ welcome)

Contact: Vicki Heckroth, 712-260-8060, vickiheckroth@gmail.com; Lynn Graesing, 712-260-7072,

lynn.graesing@gmail.com

Meeting Place: The Spencer Dream Center, 605 Grand Ave, Spencer, IA 51301

Meeting Day/Time: 1st and 3rd Tuesday of each month, 6:30pm

Facilitated by: Peer

Note: Free child care is available for those who need it in order to attend the meetings, contact Tiffany Hofmeyer (712-260-4874). Additionally, this group serves anyone suffering from a suicide loss, any mental illness, and those that are being bullied at school or in the workplace.

Urbandale – Survivors of Suicide Loss Support Group (Adults welcome)

Contact: Diane McClanahan, 515-418-7766, dmcclanahan@dmpcc.org or Andrea Severson, aseverson@dmpcc.org

Meeting Place: Des Moines Pastoral Counseling Center Conference Room,
8553 Urbandale Ave. Urbandale, IA 50322

Meeting Day/Time: 3rd Tuesday of each month, 7:00-8:30pm

Facilitated by: Peer/Professional

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Waterloo - Survivors of Suicide Support Group (Adults welcome)

Contact: Nathan Schutt, 319-272-2002, nschutt@cvhospice.org or Kassidi Poots, kpoots@cvhospice.org

Website: <http://www.cvhospice.org>

Meeting Place: Kimball Ridge Center, Fourth Floor Boardroom

2101 Kimball Avenue, Waterloo, IA 50702

Meeting Day/Time: 4th Thursday of each month, 6:00-7:30pm (November meeting on the 16th)

Facilitated by: Professional

Waukee - Surviving Loss by Suicide (Adults welcome)

Contact: Denise Warner, 515-979-8313, neenee8698@hotmail.com, Stef McAdam, 515-491-3446,

stef@knappproperties.com

Meeting Place: West Des Moines Public Library, Millie Knee classroom

4000 Mills Civic Pkwy, West Des Moines, IA 50265

Meeting Day/Time: 1st Thursday of each month, 6-7:30pm

Facilitated by: Peer

Waukee - Surviving Loss by Suicide (Adolescents welcome)

Contact: Denise Warner, 515-979-8313, neenee8698@hotmail.com, Stef McAdam, 515-491-3446,

stef@knappproperties.com

Meeting Place/ Day/Time: N/A; Contact for individual support

Ages Served: Adolescents age 11-18 years old

Facilitated by: Peer/Professional

Waverly - Healing After a Loss to Suicide

Contact: Bonnie Travers, 702-203-9567, bonnietravers@ymail.com

Meeting Place: Heritage United Methodist Church

1201 203rd St, Waverly, IA 50677

Meeting Day/Time: 2nd Saturday of each month, 10-12pm

Facilitated by: Peer

In addition to these groups, other help may be available depending on your community and may include:

[Compassionate Friends](#) more than 15 groups in or near Iowa;

Mental Health providers;

Funeral Homes;

Faith Organizations;

Employee Assistance Programs;

Guidance Counselors;

Hospice; and

[Amanda the Panda](#)

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