



# Iowa Suicide Bereavement Support Groups - Adults

Since 1980, Amanda the Panda 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:

**amandathepanda.org**  
**(515) 223-4847 | (877) 533-4847**

## **Cedar Rapids – Suicide Survivors Group**

Contacts: Nancy Oehlert, [noehlert@foundation2.org](mailto:noehlert@foundation2.org)

319-362-2174, 800-332-4224 (in-state only)

Sheryl McCormick, [smccormick@foundation2.org](mailto:smccormick@foundation2.org)

Meeting Place: Foundation 2 Administrative Office,  
1714 Johnson Avenue NW, Cedar Rapids, IA 52405

Meeting Days/Time: 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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](mailto:mccrackenpie@aol.com)

Meeting Place: Pol County Crisis and Advocacy  
Services, 2309 Euclid Ave, Des Moines, IA 50309

Meeting Day/Time: 4<sup>th</sup> Saturday of each month, 9-  
10:30am; 2<sup>nd</sup> 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](mailto:there.is.hope@hotmail.com)

Meeting Place: Frances Banta Waggoner Library  
505 10<sup>th</sup> St., DeWitt, IA 54742

Meeting Day/Time: 3<sup>rd</sup> 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](mailto: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: 2<sup>nd</sup> 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](mailto: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](mailto:keri.neblett@jccrisiscenter.org)

Meeting Place: 1105 Gilbert Court, Iowa City, IA 52240

Meeting Day/Time: 1<sup>st</sup> 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](mailto:rochelle@iowatelecom.net)

*Meeting Place:* Celebrate Church  
1005 N Lincoln, Knoxville, IA 50138

*Meeting Day/Time:* 1<sup>st</sup> Thursday of each month

*Facilitated by:* Peer/Professional

*Charge:* None