

Grieving the loss of someone

loved is a different process for children and youth than it is for adults. Grief is acknowledged and processed in small “doses,” according to well-known children’s grief expert, Dr. Alan D. Wolfelt, Ph.D. Things that once felt safe can feel insecure, school can become difficult to manage, and shifts in behavior may seem extreme. Prototyping the death of a loved one can take many forms for children and youth. Family members may need additional support for their children while they are trying to work through their own grief.

Many children and youth may find comfort and security through grief support groups where everyone participating shares one common element: someone they love has died.

Iowa City Hospice offers three unique groups for children, youth and their parents or caregivers on the second Tuesday of the month, September-May. Groups meet 6:00-7:30 p.m. at Willowwind School, 950 Dover Street, Iowa City.

Iowa City Hospice grief support services are provided free of charge. Referrals are accepted from anywhere in our seven-county service area (Cedar, Iowa, Johnson, Linn, Louisa, Muscatine and Washington Counties) and grief support need not be connected to the death of an Iowa City Hospice patient. Referrals can be made by anyone concerned about a grieving child.

ROLL (Respect Our Life Losses) Support Group for Ages 11-15



The ROLL group offers a safe and respectful place to spend time exploring the real things that happen when someone you love has died.

Each month will include topics designed to help youth cope with transitions and adjust to change. Sadness, memories, worries and permission to experience some joy are all part of the grieving process.

KUL (Kids Understanding Loss) Support Group for Ages 5-10



The KUL group offers fun activities while exploring the many thoughts and feelings that are a normal part of grief and mourning. The group provides a safe place to be with others who are also missing someone they love who has died.

Parents/Guardians Support Group

While the KUL and ROLL groups are meeting, parents and family members are invited to participate in a special adult support group designed to assist participants in dealing with their own grief.



This special support group provides an opportunity to gain insight into the needs of grieving children and youth. It also offers an opportunity to connect with others who are dealing with similar circumstances in their lives.

Iowa City Hospice Staff

Kate Bengtson, LMSW, is a Bereavement Counselor at Iowa City Hospice. Kate is an experienced social worker and educator with a specialization in end-of-life care and a strong background in working with individuals and their families.

Kate facilitates the Parent Support Group, supervises our committed group of volunteers and coordinates the planning and development of the KUL and ROLL program. Kate is also available to provide grief education workshops to schools, faith communities and neighborhood associations.

Registration Form

To register please do one of the following:

- 1) **Mail** this completed form to:
Kate Bengtson, LMSW
Bereavement Counselor, Program
Iowa City Hospice
1025 Wade Street
Iowa City, IA 52240-6626
or
- 2) **E-mail**
Kate.Bengtson@IowaCityHospice.org
with a note including the form information
or
- 3) **Call** Kate at 319-688-4217 or
800-897-3052

Name of Parent(s)/Caregiver(s):

Child/children you wish to register:

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Kate will call to confirm your registration.

Home phone _____

Cell phone _____

Work phone _____

Best time to call _____

E-mail _____

2011-2012 Support Group Dates

September 13

October 11

November 8

December 13

January 10

February 14

March 13

April 10

May 8

Each monthly group meets at
*Willowwind School, 950 Dover Street
in Iowa City, and follows a basic
format:*

6:00-6:30 p.m. *Pizza and pop for
supper, parent sign-in and free time to
chat.*

6:30-7:30 p.m. *Theme or topic for the
evening, which includes discussion of
skills/tools needed for grieving and
mourning, learning from each other, and
time to be respected and understood.*

Please join us by completing and
returning the attached registration form.



This program is
generously supported
by Willowwind School.



Grief Support Services



For Children and Youth Fall 2011-Spring 2012

Iowa City Hospice
1025 Wade Street
Iowa City, Iowa 52240-6626
319-351-5665 800-897-3052
www.IowaCityHospice.org
info@IowaCityHospice.org