

# **Bereavement Support**

## **Bereavement Luncheons**

A social luncheon, open to all bereaved, that provides an opportunity to connect and share common experiences with others.

**Luncheons alternate locations every other month in Kalona and Muscatine, and begin at 11:30 am.**

## **Grieving Your Spouse**

A professionally led, ongoing support group for individuals who have lost a spouse or partner within the last three years.

The group meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month at Iowa City Hospice office, from 5:30 pm - 6:30 pm.

## **Understanding Your Grief: 7-Session Support Group**

A professionally led, 7-session grief support program open to adults in the community and surrounding area who are dealing with the death of a loved one.

The group meets on Tuesdays, from 3:30 pm – 5:00 pm at the Iowa City Hospice office. Please call us at 319-351-5665 for dates of the current session. Pre-registration is required.

## **Kamp Kaleidoscope**

A professionally led, one-day Day Camp for children and teens between the ages of 5 – 17 who have lost a loved one.

Lunch, beverages, and snacks provided. Please call us at 319-351-5665 for date of next camp. Pre-registration is required.

**Also, we encourage you to explore the following groups sponsored by *Lensing Funeral and Cremation Service*:**

## **Yesterday, Today & Tomorrow (YTT)**

A self-help support group for any adult who has experienced a death.

Meets the 3<sup>rd</sup> Wednesday of the month at the Kirkwood Room in Iowa City, from 5:15 pm – 6:30 pm. Call 319-338-9171 for more information.

## **Living Through Loss (LTL)**

An educational program for bereaved individuals that provides a supportive environment to receive education, support and resources to help with loss. Topics vary.

Meets the 1<sup>st</sup> Wednesday of the month at the Kirkwood Room in Iowa City, from 5:15 pm – 6:30 pm. Call 319-338-9171 for more information.