



## Bereavement Support

### **Bereavement Luncheons**

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

Luncheons are held the 3<sup>rd</sup> Thursday of each month in Coralville. They are held at Gus' Food and Spirits, 2421 Coral Ct, and begin at 11:30 am.

### **Grieving Your Spouse or Partner**

A professionally led, ongoing support group for individuals who have lost a spouse or partner. 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.

Please contact us for information on upcoming dates/locations. **Pre-registration 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.