

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 contact Your Life Iowa by calling 855-581-8111, texting 855-895-TEXT(8398), or visiting <https://yourlifeiowa.org/>.

Ankeny – All For One (Adults welcome)

Contacts: Stephanie McAdam, stef@knappproperties.com, 515-491-3446

Meeting Place: 118 NW Linden, Ankeny, IA 50031

Meeting Days/Time: 3rd Saturday of each month, 10:00-11:30AM

Facilitated by: Peer

Boone – Warriors 4 Hope (Adults Welcome)

Contacts: Lora Olerich, loraolerich@gmail.com, 515-231-6801 or Cassidy Shreve, cassidyshreve@gmail.com, 515-298-3126

Meeting Place: Grace Community Church, 625 S. Division St., Boone, IA 50036

Meeting Days/Time: 1st & 3rd Thursday of each month, 7-8:30pm

Facilitated by: Peer

Boone – Warriors 4 Hope (Adolescents Welcome)

Contacts: Lora Olerich, loraolerich@gmail.com, 515-231-6801 or Cassidy Shreve, cassidyshreve@gmail.com, 515-298-3126

Meeting Place: Grace Community Church, 625 S. Division St., Boone, IA 50036

Meeting Days/Time: 1st & 3rd Thursday of each month, 5:30-6:45pm

Facilitated by: Peer

If you need resources or immediate support, please contact Your Life Iowa by calling 855-581-8111, texting 855-895-TEXT(8398), or visiting <https://yourlifeiowa.org/>.

Cedar Rapids - Suicide Survivors Group (Adults welcome)

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

Meeting Place: Please contact Nancy for meeting location details

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: Jennifer MaCormick, jmacormick@foundation2.org, 319-362-2174

Meeting Place: 1500 Blairsferry Rd. Hiawatha, IA 52233

Meeting Day/Time: 2nd and 4th Tuesday of each month, 6:00-8:00 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 (Adults welcome)

Contact: Joe and Deb, 563-449-2528, joedeb1984@gmail.com

Meeting Place: St. Paul United Methodist Church, 2136 Brady, Davenport, IA 52806

Meeting Day/Time: First Monday of every month, 6:30pm to 7:30pm

Facilitated by: Peer

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

If you need resources or immediate support, please contact Your Life Iowa by calling 855-581-8111, texting 855-895-TEXT(8398), or visiting <https://yourlifeiowa.org/>.

Last Updated: April 2019

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

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

Meeting Place: Youth For Christ (YFC) building, 420 4th St. SE, Hampton, IA 50441

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

Facilitated by: Peer

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: Third Thursday of every month, 7:00-8:30pm

Facilitated by: Peer

Knoxville - The Safe Place

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 at 6:30pm

Facilitated by: Peer/Professional

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

Contact: Reenie Montgomery, 319-480-3600, Reenie.montgomery@hotmail.com

Meeting Place: Regional Medical Center, Sheppard Education Center, 709 W. Main St, Manchester, IA

Meeting Day/Time: 3rd Tuesday of each month, 6:00-7:30pm

Facilitated by: Peer

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

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

Facilitated by: Peer/Professional

Omaha – Parents of Suicides Together (Adults welcome)

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

Meeting Place: St. Andrew's Episcopal Church at 925 South 84th Street (NE 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.

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: Grand Avenue Community Outreach, 605 Grand Ave, Spencer, IA 51301

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

Facilitated by: Peer

If you need resources or immediate support, please contact Your Life Iowa by calling 855-581-8111, texting 855-895-TEXT(8398), or visiting <https://yourlifeiowa.org/>.

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

Contact: Diane McClanahan, 515-418-7766, dmcclanahan@dmpcc.org

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

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

Facilitated by: Peer/Professional

Waterloo - Survivors of Suicide Support Group (Adults welcome)

Contact: Stacy Baranowski, sbaranowski@cvhospice.org or Kassidi Poots, 319-272-2002, 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: 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

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 12 groups in or near Iowa;

Mental Health providers;

[American Foundation for Suicide Prevention: Iowa](#) chapter;

Funeral Homes;

Faith Organizations;

[National Alliance on Mental Illness – Iowa](#);

Employee Assistance Programs;

Guidance Counselors;

Hospice; and

[Amanda the Panda](#)

If you need resources or immediate support, please contact Your Life Iowa by calling 855-581-8111, texting 855-895-TEXT(8398), or visiting <https://yourlifeiowa.org/>.

Last Updated: April 2019