

Iowa Suicide Bereavement Support Groups

The following is a list of suicide bereavement support groups. 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 Keri Neblett at keri.neblett@idph.iowa.org.

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/>.

Note: Due to COVID-19 many groups have modified their meeting format to a virtual platform, require social distancing and masks or have canceled meetings. Contact the group facilitator prior to the meeting for details.

Ankeny – Survivors of Suicide Loss Support Group

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

Meeting Place: 118 NW Linden, Ankeny, IA 50023

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

Facilitated by: Peer

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

Davenport – Families/Friends of Suicide Loss Support Group (Adults welcome)

Contact: Joe James 563-449-2528, joedeb1984@gmail.com; Deb James 563-468-1479,

joedeb1984@gmail.com; Jeff Banks 563-528-2915, jefffromebanks@gmail.com

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

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

Facilitated by: Peer

Des Moines - Coping After a Suicide Support Group

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

Meeting Place: Polk County River Point, 2309 Euclid Ave., Des Moines, IA 50310

Meeting Day/Time: Last Saturday of each month, 9-10:30 am; 2nd Thursday of each month, 6-7:30pm

Facilitated by: Peer

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Dubuque Area Suicide Survivors' Support Group: A Grief Group for Family and Friends (Adults and Adolescents welcome)

Contact: Bridget Bartlett, bridget.bartlett@hillcrest-fs.org, 563-582-0145

Meeting Place: Westminster Presbyterian Church, 2155 University Ave, Dubuque, IA 52001

Meeting Day/Time: 2nd Tuesday of each month, 7pm

Facilitated by: Professional

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: Aiden Rohwher-Nutter, 319-351-2726 (ext. 120), aiden.rohwher-nutter@builtbycommunity.org

Meeting Place: CommUnity Crisis Services & Foodbank, 1105 Gilbert Court, Iowa City, IA 52240

Meeting Day/Time: 1st 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: Colleen Jennings, 563-608-7800, cocojenn65@gmail.com

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

Meeting Day/Time: 1st 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 402-677-4564, parentsofsuicidestogether@yahoo.com

Meeting Place: St. Robert's Church at 11802 Pacific St, Omaha, NE 68154 (temporary location)

Meeting Day/Time: Meetings held monthly on the second Tuesday of the month from 7:00-9:00pm

Facilitated by: Peer

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Spencer – Survivors of Suicide Loss Group

Contact: Lynn Graesing, 712-260-7072, lynn.graesing@gmail.com

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

Meeting Day/Time: 2nd Saturday of each month, 9:30 am-11:00am

Facilitated by: Peer

Swisher - Parents Healing Together (from child loss by suicide)

Contact: Deb Ferguson, 319-721-9815, parentshealingtogether@gmail.com

Meeting Place: contact facilitator

Meeting Day/Time: 3rd Sunday of the month

Facilitated by: Peer

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

Contact: Andrea Severson, 515-274-4006 ext. 164, aseverson@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: Heather Peiffer, hpeiffer@cvhospice.org or Lynette Jordan, ljordan@cvhospice.org 319-272-2002

Meeting Place: Contact facilitator for meeting location

Meeting Day/Time: 4th Thursday of each month, 6:00-7:30pm

Facilitated by: Professional

Waverly - Healing After a Loss to Suicide

Contact: Bonnie Travers, 702-203-9567, bonnietravers@ymail.com

Meeting Place: Heritage United Methodist Church 1201 230th St, Waverly, IA 50677

Meeting Day/Time: 2nd Saturday of each month, 10-12pm

Facilitated by: Peer

West Des Moines - Surviving Loss by Suicide (Adults welcome)

Contact: Stephanie McAdam, 515-491-3446, stef.mastergardener@gmail.com

Meeting Place: Hamilton's Funeral Home 3601 Westown Pkwy, West Des Moines, IA 50265

Meeting Day/Time: 1st Thursday of each month, 6-7:30pm

Facilitated by: Peer

In addition to these groups, here are a few Iowa resources that may also be helpful:

- [American Foundation for Suicide Prevention: Iowa chapter](#)
- [Compassionate Friends](#)
- [NAMI Iowa](#)

Local support may also be available at funeral homes, hospice grief support, mental health providers, school counselors, crisis centers, employee assistance programs or faith communities.

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