

Iowa Suicide Bereavement Support Groups - Adults

Cedar Rapids - Suicide Survivors Group

Contacts: Nancy Oehlert, noehlert@foundation2.org
319-362-2174, 800-332-4224 (in-state only)
Sheryl McCormick, smccormick@foundation2.org
Meeting Place: Foundation 2 Administrative Office,
1714 Johnson Avenue NW, Cedar Rapids, IA 52405
Meeting Days/Time: 2nd & 4th Tuesday of each month,
6-7:30pm
Facilitated by: Professional
Charge: none/ donations accepted

Davenport - Survivors of Suicide Loss Support Group

Contact: Lou Meyer, 630-430-4227,
loulmeyer@yahoo.com
Meeting Place: NAMI Office, 1706 Brady Street, Suite 101,
Davenport, IA 52803
Meeting Day/Time: First Monday of every month,
6:30pm to 7:30pm
Facilitated by: Peer
Charge: None

Des Moines - Coping After A Suicide Support Group

Contacts: Joann McCracken Young, 515-286-3600,
mccrackenpie@aol.com
Meeting Place: Polk County Crisis and Advocacy
Services, 2309 Euclid Ave, Des Moines, IA 50309
Meeting Day/Time: 4th Saturday of each month,
9-10:30 am; 2nd Thursday of each month, 6-7:30 pm
Facilitated by: Peer/Professional
Charge: None

DeWitt - MJL Foundation Suicide Grief Support

Website: <http://www.mjlfoundation.org>
Contact: Betsy Loehr, 563-843-3655,
there.is.hope@hotmail.com
Meeting Place: Frances Banta Waggoner Library
505 10th St., DeWitt, IA 54742
Meeting Day/Time: 3rd Friday of each month, 6-7:30pm
Facilitated by: Peer/Professional
Charge: None

Dubuque Area Suicide Survivors' Support Group: A Grief Group for Family and Friends

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
Charge: None

Humboldt - Survivor of Suicide Loss and Bereavement Information and Resources

Contacts: Kim Vitzthum, 515-332-5654, mkvitz@q.com
Meeting Time/Place: N/A; Contact for individual support
Charge: None

Iowa City - Coping with Suicide Loss Support Group

Contact: Keri Neblett, 319-351-0140,
keri.neblett@jccrisiscenter.org
Meeting Place: 1105 Gilbert Court, Iowa City, IA 52240
Meeting Day/Time: 1st Thursday of each month, 7-8:30pm
Facilitated by: Peer, supervised by professional
Charge: None

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
Facilitated by: Peer/Professional
Charge: None

Mason City – Touched by Suicide

Contact: Wendy Martinez, 641-420-0049,

touchedbysuicidemasoncity@gmail.com

Meeting Place: 531 South Illinois Ave. (Next to Hy-Vee)

Mason City, IA

Meeting Day/Time: 3rd Saturday of each month,

10AM-Noon

Facilitated by: Peer/Professional

Charge: None

Newton - Newton Suicide Support Group

Contact: Elsie Ulland, 641-792-8575, luc@iowatelecom.net

Meeting Place: First United Methodist Church Library,

7-8:30pm, 3rd Thursday of month

Facilitated by: Elsie Ulland & Gary Marzolf

Charge: None

Sioux City - Broken Silence Suicide Support Group

Contact: Brenda Zahnley, 712-276-7319,

csfhbrenda@yahoo.com

Meeting Place: Christy Smith Funeral Homes,

1801 Morningside Ave, Sioux City, IA 51106

Meeting Day/Time: Two 7-week sessions in spring and fall.

Please call for dates.

Facilitated by: Peer/Professional

Charge: None

Spencer - GLASS

Contact: Vicki Heckroth, 712-260-8060,

gramvick@royaltelco.net

Meeting Place: The Spencer Dream Center, 605 Grand Ave,

Spencer, IA 51301

Meeting Day/Time: 1st and 3rd Tuesday of each month,

6:30pm

Facilitated by: Peer

Charge: None

Storm Lake - Suicide Grief Support Group

Contact: Lindsay Westfall, 641-203-1956,

slwestfall@iowatelecom.net

Meeting Place: Buena Vista Regional Medical Center, 1525

West 5th St, Storm Lake, IA 50588

Facilitated by: Peer/Professional

Charge: None

Last Updated: 4/2014

Waterloo - Survivor's of Suicide Support Group

Website: <http://cvhospice.org>

Contact: Meredith Smith, 319-272-2002,

msmith@cvhospice.org

Meeting Place: Kimball Ridge Center, Board Room, 2101

Kimball Avenue, Waterloo, IA 50704

Meeting Day/Time: Thursday evenings, 5:30-7pm.

Group meets in spring and fall for 8 weeks

Facilitated by: Peer/Professional

Charge: None

Waukee - Surviving Loss by Suicide

Contact: Denise Gilbert, 515-979-8313,

neenee8698@hotmail.com

Meeting Place: Waukee Public Library

950 Warrior Lane, Waukee, IA 50263

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

Facilitated by: Peer

Charge: None

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

Charge: None