



Grief & Loss Services

Home of Amanda the Panda

Coping
Releasing
Connecting
Reflecting
Resiliency

Braving Grief

Free support groups for anyone who has lost a loved one, with groups for children grades kindergarten and up, teens and adults.



Groups will aim to foster a safe and supportive space, with a focus on finding personal strength, forming deeper relationships, sharing your story, discovering more meaning in life and seeing new possibilities.

Registration is required.

To register or learn more, contact griefandloss@everystep.org or call **(515) 223-4847**.

Monday Evenings 5:45 - 7:30 p.m.

1821 Grand Avenue | West Des Moines, IA 50265

Winter Session

January 13 - February 17

Spring Session

April 13 - May 18

Summer Session

July 13 - August 17

Fall Session

October 5 - November 9

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Dinner provided for all attendees. Child care provided for children younger than kindergarten.