



life

after loss

We strive to improve lives in our community by providing hope, health, and healing through grief support services.

When grief is expressed, the healing process is at work. Grief can be transformed into personal growth. The death of someone you care about can be followed by a wide range of confusing emotions.

What to Expect:

- Educational topics
- Group discussion
- Speakers and videos

You will learn about the process of healing and recovery, and have the opportunity to share your experience, strength, and hope with others who have also experienced loss.

Discussion Topics Include:

- Understanding grief
- Emotions that come with loss
- Caring for yourself
- Gaining a new identity
- Changing relationships
- Coping with holidays and special occasions
- Acceptance, growth, and spirituality



Sioux Center Health
Hospice & Home Care

Is a support group right for me?

Grief affects the whole person - physically, emotionally, and spiritually. Meeting with other grieving people can reaffirm that what you are feeling is normal.

There is no single solution to dealing with loss. By listening to stories of how others cope with a particular problem, you may find a strategy that works for you.

The program will be conducted by trained and experienced staff and volunteers.

2026 Life After Loss Meetings:

We will meet the second Thursday of each month from 10:30 - 11:30 a.m. in the Chapel at Crown Pointe Estates.

January 8th

February 12th

March 12th

April 9th

May 14th

June 11th

July 9th

August 13th

September 10th

October 8th

November 12th

December 10th

For more information, call our social workers at 712-722-8108.

There is no charge for this class.

Refreshments will be available. Weather announcements: KSOU radio or the Sioux Center Health Facebook page.



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