

Help is Available

Our Continuous Care program features a variety of options for those adjusting to life after a loss. We offer our services to support individuals and families through times of grief and adjustment in a variety of ways:

- Meet with our Suicide Grief Support Facilitator for support by phone or for a visit.
- Drop in on our Suicide Grief Support Groups. Our groups are open to anyone in the community. Call for scheduled meeting times and locations.
- Subscribe to the quarterly newsletter, The Care Courier.
- Visit our online blog: www.LockeFuneralServices.com/blog
- Check our website for grief support.

Meet our Support Group Facilitator



Meet Amanda Anderson.

I was born in Moline, IL and moved here with my mom when I was five. I'm a West High

graduate(Go Wahawks!)

I met my late husband through a mutual friend and we were blessed with 2 kids. In 2011 my world changed when my husband died by suicide. I started to educate myself about mental health and got certified in Mental Health First Aide and I am a QPR instructor.

I relocated back to Waterloo in 2019 and have been here ever since. I am a warranty clerk at Dan Deery Motors in Waterloo. I joined Locke Funeral Services in April of 2024 as part of their amazing Continuous Care Team. I live in Waterloo with my dad and kids and I spend time in Janesville with my boyfriend. I look forward to serving the families of the Cedar Valley and surrounding areas.

Suicide Grief Support Groups



Contact our Support Group Facilitator

Michelle@LockeFuneralServices.com

(319) 233-3146



What is Continuous Care?

The funeral services are over, but the rollercoaster of grief continues. We believe in Continuous Care, which is a free support service provided by the funeral home for the weeks and months to come.

A Suicide Grief Support Group Facilitator can help by:

- Providing support for individuals and families after loss
- Providing resources for individuals and for grieving families

Suicide Survivors Grief Support Group

Grief is experienced in a multitude of ways. Everyone's loss is unique, which means there are as many different ways of coping with Grief. Our regularly scheduled, open, drop in support groups are meant to create a community of support for those left behind. We will work together to humanize suicide survivors grief and create a safe environment to share about our loved one and also share about what we are dealing with on this journey.

"To heal in grief is to become whole again, to integrate your grief into yourself, and to learn to continue your changed life with fullness and meaning."

-From "Understanding your Grief" by Alan Wolfelt, Ph.D.

We can help you try to make sense of this confusing time. Our Suicide Support Group Facilitator does not take the place of a certified counselor—they are here to give concrete, practical help.

Discovering Hope

Grief is as individual as people. There is no one way to overcome overwhelming grief, but through support and direction, there can be renewal. Grieving requires reflection, care of body and mind, and most importantly, ample time to heal.

Out of commitment for service, our Continuous Care program is here to listen, care, educate, and provide you with support in difficult times.

How We Can Help

Have questions? Call (319) 233-6138 to speak with our Suicide Support Group facilitator.

For immediate help dial 988 to reach the Suicide and Crisis Lifeline.



Or visit www.988Lifeline.org