

For more information and dates of
upcoming meetings,
visit our website:

dmarcunited.org/services/LADOS



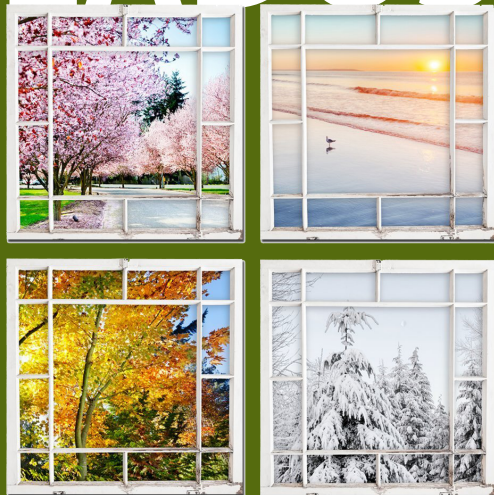
"My grief was like a suspended foot bridge. I knew I wanted to get to the other side. LADOS helped me to safely walk through my grief. It was their encouragement, compassion and new friendships that have made the difference in my life."

—J.S.



**100 Army Post Road
Des Moines, IA 50315
www.dmarcunited.org**

LADOS



Life After Death of Spouse

**A time of encouragement, comfort and
fellowship for those in their seasons of grief.**

Life After Death of Spouse (LADOS)

LADOS is a group of widowed men and women, like yourself. We meet together monthly to help ourselves and one another understand and work through the many dimensions of grief, sorrow and pain which follow the death of a spouse.



You Are Always Welcome

LADOS meets:

- The second Sunday evening of each month
- Grace United Methodist Church
3700 Cottage Grove
Des Moines, Iowa 50311
(between 37th and 38th St., use south door)
- 7:00 p.m.

Follow the LADOS signs to guide you to the meeting room. There's no need to make an appointment or sign up in advance. We invite you to stop in any time—feel free to bring someone with you.

You Are Not Alone

Whether our loved one's death was anticipated or not, widowhood is one of the biggest readjustments in life. After the initial shock, the newly widowed can experience a myriad of emotions and perplexing situations.

Other widowed persons discovered long ago that their primary assistance came from talking and sharing with others who have gone through similar experiences. That's why LADOS was formed.

Sharing your personal experience of loss with others, who have walked through loneliness and the anguish of being newly widowed, can be of great help. Former and current LADOS attendees have found comfort, renewed hope and helpful methods for problem solving. Along with addressing ways of coping with grief and accessing other resources, the fellowship and often times new friendships at LADOS, all contribute to adjusting to our changed life.

All LADOS leaders are trained volunteers who themselves have been widowed. There are no fees or dues. We're just here to comfort and help each other.



LADOS is sponsored by the Des Moines Area Religious Council. For more information, please visit www.dmarcunited.org/services/LADOS/.