

## Amanda The Panda, Iowa

Overnight Camps: At EveryStep's Amanda the Panda Grief & Loss Camp, children (kindergarten and above), teens, and adults find a place of comfort and support as they connect with others who have experienced the death of a loved one. Campers are grouped with peers their own age and enjoy an overnight experience. Amanda the Panda Grief & Loss Camp is typically offered twice annually - in the spring and in the fall. Some of the activities include tie-dye t-shirts, games, campfire, wagon rides, low-ropes course for teens, candlelight ceremony, small group sessions, and a balloon release.

Day Camps: Amanda the Panda has begun offering day camps for various age groups throughout the year. These events often change in theme and target age group, depending on the needs of the community.

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Amanda the Panda Family Grief Center in West Des Moines, Iowa offers the most comprehensive and ongoing services for children, teens, adults and families struggling with a death of a loved one in the state of Iowa.

Amanda the Panda was born in the heart of JoAnn Zimmerman in 1979. With no financial resources, the organization was supported by a dream - to be a caring presence in the community and to serve children. JoAnn formed Amanda Cares, Inc. and created Amanda the Panda in 1980.

The primary focus for Amanda the Panda during the first seven years was to be a special friend to children living with cancer. She made frequent and repeated visits to children in their homes, hospitals and schools, locally and statewide, bringing a huge heart, a listening ear and lots of warm and wonderful bear hugs!

Almost immediately, JoAnn realized that children with

