

For Grieving Youth and their Caregivers

Mourning Hope Grief Center

4919 Baldwin Avenue

Contact: Caitlin Mason, Program Director

(402) 488-8989

hope@mourninghope.org

www.mourninghope.org

10-Week Family Grief Series

Monday or Tuesday evenings

6:30 – 8:00 p.m.

For families with youth ages 5 through 18 who have experienced the death of someone significant in their lives. Children, teens and their caregivers come to Mourning Hope following the death of a sibling, parent, grandparent, or friend. Groups offered at no charge. All are welcome.

Camp Erin

A weekend-long, overnight bereavement camp in the fall for children ages 6-17. Fun, high-energy, traditional camp combined with grief education. This camp is offered free of charge.

Young Adult Group

Designed for young adults, 18-30(ish), who have experienced the death of someone significant in their lives

Other Mourning Hope Grief Support Groups

- **4-week Grief Group – Bits of Hope**
Abbreviated version of the 10-week session held in the summer
- **Holiday Hope**
Local artists work with youth, and adults from the community can participate in a group designed to help them through the holiday season
- **Art from Our Heart** (June and July)
One day grief support event for youth to develop an art project honoring a significant person who has died
- **8-week School Grief Support Groups**
Offered in the local school system on an “as needed” basis

Visit www.mourninghope.org for a complete list of programs, services and events.

Ted E. Bear Hollow

7811 Farnam Drive (Omaha, NE)

Contact: Cathy Fox

(402) 502-2773

Support groups for children (ages 3-18 years) and their families. Visit www.tedebearhollow.org for more information about programs and events.



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For Parents Grieving the Death of a Child

Remembering Our Children

Madonna Rehab Hospital

5401 South Street

(402) 477-0857

Contact: Sharon Duffy, Trish Schuster

www.rememberingourchildren.org

roccandlelighting@gmail.com

3rd Thursday of each month

7:00 – 8:30 p.m.

For parents who have experienced the death of an older (not infant age) child. (Group also hosts the annual Compassionate Friends candle lighting ceremony in the Lincoln Community.)

BRIDGES (Bereavement, Resources, Infant Loss, Death, Grief, Encouragement & Support)

Saint Elizabeth Regional Medical Center

555 South 70th Street

Contact: Elizabeth Jacobs-Fitzgerald or Linda Anderson (402) 219-7065. (Please leave a message and a coordinator will return the call.)

For families who experience a pregnancy loss through miscarriage, ectopic (tubal) pregnancy, stillbirth, or newborn death. Support provided on a one-to-one basis throughout the first year following a perinatal loss.

EMBRACE (Every Moment Brief, Remembered Always, Cherished Eternally)

Saint Elizabeth Regional Medical Center

555 South 70th Street

Contact: Elizabeth Jacobs-Fitzgerald or Linda Anderson (402) 219-7065. (Please leave a message and a coordinator will return the call.)

For families who have received, during pregnancy, a diagnosis of a life-limiting condition for their baby. A nurse is available prior to admission to assist you in planning for the birth of your baby.

H.O.P.E. (Helping Other Parents Endure)

BryanLGH Medical Plaza East

1500 South 48th Street

(402) 477-0857

Contact: Sharon Duffy, Trish Schuster

1st Wednesday of each month

7:30 – 8:30 p.m.

For parents who have experienced a neonatal death, a stillbirth, or the death of an infant or young child.

The Compassionate Friends of Lincoln

The Space

5900 S 58th Street, Suite H

Contact: tcfneb.kelly@gmail.com

If you or a friend has suffered the loss of a child, help is here to provide support for the family.

HEALing Embrace

PO Box 540021

Omaha, NE 68154

Contact: Jennifer Sommer

(402) 819-4002 or

Shawna Hoffman

(815) 780-9399

Email: jennifer@healingembrace.org

shawna@healingembrace.org

HEALing Embrace journeys with families experiencing pregnancy and infant loss, from any gestational age up to 1 year of age. We strive to bring hope and healing to grieving hearts by offering financial assistance to families, bereavement doula services, photography, and making weighted birth day bears and care packages. As everyone's grief journey is unique, we are committed to Helping Everyone After Loss.

No Footprint Too Small

4740 A Street

Suite 200

Lincoln, NE 68510

Contact: Jolie Vega

Phone (712) 574-0478

jolie@nofootprinttoosmall.com

No Footprint Too Small is a 501c3 nonprofit organization located in Lincoln, Nebraska. Our mission is to support mothers and families who have experienced pregnancy and/or infant loss by offering birth and bereavement doula support, the support of other volunteer bereaved mothers and families with the assistance of a volunteer mental health professional, as well as by providing referrals to helpful resources related to pregnancy and infant loss.

For Adults – General Support

GriefShare

First Evangelical Free Church

Church: 3300 S. 84th Street

Office: 3280 S. 84th St

(402) 483-7635 (church office)

www.firstfreelincoln.org

The church will form a new group in January 2016. Please contact them.

GriefShare

Lincoln Berean Church

6400 South 70th Street

Contact: Dave and Chris

(402) 483-6512 Text: (402) 499-1059

14-week small group session offered at various times through the year.

www.griefshare.org



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Christ's Place

1111 Old Cheney Rd.
Contact: Laura Kempke
(402) 421-1111
www.cplace.org

This group is designed to assist people to overcome grief and loss issues in a loving, small-group, Christian setting.

Healing Hearts Grief Program

Offered by the Family Life Office –
Diocese of Lincoln
Blessed John XXIII Catholic Offices –
3700 Sheridan Blvd.
(402) 488-2040
Contact: Sandy Danek
Healing Hearts, a Christ-centered grief support program, provides an educational series of 6 sessions twice a year. The Healing Hearts Grief Outreach Program extends to those families who have lost a child through miscarriage, stillbirth, neonatal death or SIDS, providing one-on-one support.

HoriSun Hospice

Contact: Jolie Vega
2200 South 40th, Suite 101
(402) 484-6444
September and April
6-week support group sessions open to the public

Journey Through Living, LLC

Contact: Lisa Borchardt
(402) 217-3333
journeythroughliving@yahoo.com

Couch Conversations are small group seminars involving you and your support system. Couch Conversations include education and support from the facilitator and those you invite to participate. Individual consultations are available to enhance capacity for personal and social functioning, assisting with personal adjustment to crisis and transition, and education about creating and sustaining personal change. Workshop presentations are available to be delivered to businesses, agencies, civic & religious organizations, campus groups & classrooms, or any gathering of people. Please see www.journeythroughliving.com for descriptions of workshop presentations.

CHI Health at Home Hospice

Saint Elizabeth's Hospice

245 South 84th Street, Suite 300
Contact: Kay Olsen
402-219-7750 (direct to register for a group)
Four-week sessions designed for any adult who has experienced the loss of a loved one.

Roper and Sons Outreach Grief Services

4300 O Street
Contact: Jodi Freeman
(402) 476-1225
6-week course offered 4 times a year



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St. Mark's United Methodist Church Grief Support Group

8550 Pioneers Boulevard
(402) 489-8885

Contact: Kara Hillhouse

www.stmarks.org

Ongoing grief support group is available at the Vermeer Education Center; Room 802; Saturdays – 1:00-2:00 p.m.

New participants are encouraged to join at any time, however, the material will be repeatedly presented on a quarterly basis. Contact Pastor Kara Hillhouse for new material start dates.

Southwood Lutheran Grief Support

4301 Wilderness Hills Blvd

Contact: Pam Dinneen

(402) 423-5511

pdinneen@southwoodlutheran.org

* 8-week support group series for adults offered throughout the year

* GriefShare class offered one time a month on the first Sunday of each month

*Second Sunday Support: A group to offer support for those experiencing a serious or chronic illness and for their care partners.

Separate groups meet concurrently on the Second Sunday of each month from 9:30 – 10:45 a.m.

Tabitha Health Care

4720 Randolph

Contact: Lani Glaser

(402) 486-8546

“Growing through Grief” - a 6 week support group exploring loss through education and shared experience Offered multiple times throughout the year. Call for dates and times.

“Loss of a Loved One”

Ongoing, drop-in group open to anyone who has experienced a loss. Meet every Monday, 10:00-11:30 am, The Harbor Coffee Shop, 1265 S. Cotner Blvd. in the Shoppes at Piedmont.

“Men’s Drop-in Group” - ongoing group meets *every other* Friday, 1:30-3:00 pm, Hy-Vee Café at 70th & Pioneers. Call for date of next meeting.

Look for Tabitha sign at one of the café tables.

Additional Tabitha groups that will take place in the Central and West Regions of Nebraska.

Contact: Tabitha Hoffman

Hospice Bereavement Coordinator

(402) 710-3291

For Adults – Specialized Support

Aseracare Hospice of Nebraska

5715 S. 34th Street, Suite 100

Contact: Nancy Gabelman

(402) 488-1363

Programs Include:

Young Widow & Widower Support Group

2nd Monday of each month

5:30-7:00 p.m.

Especially for younger widows and widowers ages 30-60, who have experienced the death of a spouse.

“Helping Ourselves As We Grieve”

3-week program in the summer which focuses on the grieving process. Includes education and group participation.

Adults Who Have Lost a Parent

Offered two times a year in the fall and in the spring. Focuses on losing a parent and healthy grief. Includes education and discussion.

Pathways to Compassion Hospice

1410 Infinity Road

(402) 474-0020

Contact: Anna Dick-Burkey

Sessions are held in spring and fall.

Contact Anna for details and information.

Widow to Widow Support

First Plymouth Church

2000 “D” Street

(402) 476-7565

www.firstplymouth.org

Contact: Bonnie Smith

bsmithb7@aol.com

(402) 421-0822

Are you a woman who has lost a spouse or do you have a friend whose husband/partner has passed away? The First-Plymouth Widow to Widow support group meets monthly to provide support and camaraderie to women in our community.

Lincoln-Lancaster Outreach to Suicide Survivors (LOSS)

Contact: Dr. Dave Miers (402) 481-5165,

Dr. Don Belau (402) 759-0573 or

Terri Marti (402) 440-1633, Coordinator for LOSS Team

www.nelossteam.nebraska.edu

LOSS provides immediate support to survivors as close to the time of death as possible.

Ray of Hope

Our Savior Lutheran Church

1200 South 40th St.

Call the church office: (402) 483-2146 or

www.osllincoln.org

Group Leader: Mary Schmuck

(402) 560-1684

1st and 3rd Monday of each month at 7:00 p.m.

For survivors of suicide.

Nebraska Survivor Outreach Services

Contact: Jodi Kehler, LICSW
Psychological Health Coordinator (PHC)
for NE ARNG- Contractor
2000 N 33rd Street Room #109
Lincoln, NE 68503
(402) 309-7434 (o)
(402) 416-2064 (c)
jodi.l.kehler.ctr@mail.mil

Contact: Randy Amundson
NE Survivor Outreach Services
Support Coordinator
HRCI Contractor
2433 NW 24th ST
Lincoln, NE 68524
(o) 402 309-7466
(c) 402) 578-2514

randy.j.amundson.ctr@mail.mil

Providing dedicated and comprehensive support services to survivors of deceased soldiers.

University of Nebraska – Women’s Center

Counseling

Contact: wccounseling@unl.edu
Phone: (402) 472-4428
Free, unlimited, confidential
Open to all genders
Reserved for UNL students, staff and faculty

Motherless Daughters Grief Class

Contact: Ashley Erks
Christ Lutheran Church
4325 Sumner Street
(402) 483-7774
aerks@christlutheranchurch.org
6 week class each fall
Meets Thursdays, 6:00-8:00 pm



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