

## ***For Grieving Youth and Their Caregivers***

### **Mourning Hope Grief Center**

4919 Baldwin Avenue

Lincoln, NE 68504

Contact: Alyssa Christensen, Volunteer &  
Community Director

(402) 488-8989

[achristensen@mourninghope.org](mailto:achristensen@mourninghope.org)

[www.mourninghope.org](http://www.mourninghope.org)

### **10-Week Family Grief Series**

Mondays, Tuesdays or Thursdays | 6:30-8 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. This group is offered free of charge.

### **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**

For young adults, ages 19-30(ish), who have experienced the death of someone significant in their lives. No charge to participants, but registration is appreciated.

### **“Bits of Hope” 6-Week Family Grief Series**

Tuesdays in June | 6:30 – 8 p.m.

Abbreviated version of the 10-week session, offered at no charge to participants.

### **Holiday Hope**

Local artists work with youth while adults meet separately to learn how to navigate the holiday season. Free for participants, and open to all bereaved adults in the community.

### **Art From Our Heart** (June and July)

One-day free 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-requested basis.

### **Grief's Journey**

7811 Farnam Drive

Omaha, NE 68114

Contact: Cathy Fox, Director of Operations  
(402) 502-2773

[info@griefsjourney.org](mailto:info@griefsjourney.org)

[www.griefsjourney.org](http://www.griefsjourney.org)

Support groups for children (ages 3-18 years) and their families.



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## ***For Parents Grieving the Death of a Child***

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

CHI Health - Saint Elizabeth

555 South 70<sup>th</sup> Street

Lincoln, NE 68510

Contact: Elizabeth Jacobs-Fitzgerald, BSN,  
RNC-OB, BRIDGES & EMBRACE Coordinator

Perinatal Bereavement and Palliative Care

(402) 219-7065 office

(402) 745-7886 cell

[ejacobs-fitzgerald@stez.org](mailto:ejacobs-fitzgerald@stez.org)

Bereavement support system for families who have experienced 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)**

CHI Health - Saint Elizabeth

555 South 70<sup>th</sup> Street

Lincoln, NE 68510

Contact: Elizabeth Jacobs-Fitzgerald, BSN,  
RNC-OB, BRIDGES & EMBRACE Coordinator

Perinatal Bereavement and Palliative Care

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Perinatal palliative care and hospice program for families whose unborn baby has been diagnosed with a potential life-limiting condition. A nurse navigator meets with the family soon after the diagnosis. Ongoing communication continues throughout the pregnancy providing information and support for birth-care planning.

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

Bryan Medical Center East

1600 South 48<sup>th</sup> Street

Lincoln, NE 68506

[rememberingourchildren@yahoo.com](mailto:rememberingourchildren@yahoo.com)

[www.rememberingourchildren.org](http://www.rememberingourchildren.org)

1<sup>st</sup> Wednesday of each month | 7:30-8:30 p.m.

A support group for bereaved parents who have experienced the loss of a baby due to miscarriage, stillbirth, or newborn death.

### **Remembering Our Children**

Contact: Trish Schuster

(402) 806-2578

[trish\\_schuster@yahoo.com](mailto:trish_schuster@yahoo.com)

[www.rememberingourchildren.org](http://www.rememberingourchildren.org)

For those who have experienced the death of a child.

**Butterfly Release** held the 3<sup>rd</sup> Sunday in August at 2 p.m. at Madonna Rehabilitation Hospital.

**Candle Lighting** held the 2<sup>nd</sup> Sunday in December at 7 p.m. at the Bryan College of Health Sciences.

**Walk to Remember** held the 1<sup>st</sup> Sunday in October at 1 p.m. at Lincoln Memorial Park to recognize pregnancy and infant loss.



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# Community Grief Resources

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## **The Compassionate Friends of Lincoln**

Meet at 4919 Baldwin Avenue

Lincoln, NE 68504

[tcflincoln@gmail.com](mailto:tcflincoln@gmail.com)

[www.compassionatefriends.org](http://www.compassionatefriends.org)

3<sup>rd</sup> Monday of each month | 7-9 p.m.

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

## **Connected Forever**

P.O. Box 21961

Lincoln, NE 68542

Contact: Makaela Parsons, Bereavement Coordinator

(402) 617-6071

[makaela.parsons@connected4ever.org](mailto:makaela.parsons@connected4ever.org)

[www.connected4ever.org](http://www.connected4ever.org)

Provides support to families who experience pregnancy loss, infant loss, or a NICU journey through resources, education and emotional support. Programs include funeral/burial assistance, peer mentors, online and in-person support, and memorial events. We strive to ensure no Nebraska family walks their journey alone. Follow us on Facebook for updates and announcements.

## **HEALing Embrace**

PO Box 540021

Omaha, NE 68154

Contact: Jennifer Sommer

(402) 819-4002

[jennifer@healingembrace.org](mailto:jennifer@healingembrace.org)

[www.healingembrace.org](http://www.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 loss families, bereavement doula services, photography, and making weighted birth day bears and packages.

## **No Footprint Too Small**

4740 A Street, Suite 200

Lincoln, NE 68510

(712) 574-0478

[info@nofootprinttoosmall.com](mailto:info@nofootprinttoosmall.com)

[www.nofootprinttoosmall.com](http://www.nofootprinttoosmall.com)

No Footprint Too Small is a 501(c) (3) nonprofit organization located in Lincoln, Nebraska. Our mission is to provide comprehensive perinatal support to mothers, fathers and families who are affected by pregnancy and/or infant loss.

## **Healing Hearts Grief Program**

Diocese of Lincoln – Family Life Office

John XXIII Catholic Offices

3700 Sheridan Boulevard

Lincoln, NE 68506

Contact: Sandy Danek, Program Coordinator  
(402) 473-0620

[www.lincolndiocese.org](http://www.lincolndiocese.org)

Healing Hearts, a Christ-centered grief support program, provides an educational series of 6 sessions twice a year. The program extends to those families who have lost a child through miscarriage, stillbirth, neonatal death or SIDS, providing one-on-one support.



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## ***For Adults – General Support***

### **GriefShare**

First Evangelical Free Church  
3300 S. 84<sup>th</sup> Street  
Lincoln, NE 68506  
(402) 483-7635

[www.firstfreelincoln.org](http://www.firstfreelincoln.org)

The church forms new groups in January and mid-August.

### **GriefShare**

Lincoln Berean Church  
6400 South 70<sup>th</sup> Street  
Lincoln, NE 68516  
Contact: Dave or Chris  
(402) 483-6512 call  
(402) 499-1059 text

[www.lincolnberean.org](http://www.lincolnberean.org)

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

### **GriefShare**

Christ's Place  
1111 Old Cheney Road  
Lincoln, NE 68512  
Contact: Pastor Nathan Kroll  
(402) 421-1111

[www.cplace.org](http://www.cplace.org)

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

### **HoriSun Hospice**

2200 South 40<sup>th</sup>, Suite 101

Lincoln, NE 68506

Contact: Lani Glaser, Bereavement Coordinator  
(402) 484-6444

[lglaser@horisunhospice.com](mailto:lglaser@horisunhospice.com)

[www.horisunhospice.com](http://www.horisunhospice.com)

**6-week grief support groups** meet in April and September. Open to the community.

**Life after Loss** coffee and conversation group meets Mondays, 10-11 a.m. at The Mill on 21<sup>st</sup> and Capitol Parkway. Open to anyone in the community who has lost a loved one.

### **Journey Through Living, LLC**

Contact: Lisa Borchardt, LCSW  
(402) 217-3333

[lisa@journeythroughliving.com](mailto:lisa@journeythroughliving.com)

[www.journeythroughliving.com](http://www.journeythroughliving.com)

Small group seminars 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, assist with personal adjustment to crisis and transition, and educate about creating and sustaining personal change. Workshop presentations can be delivered to businesses, agencies, civic & religious organizations, campus groups & classrooms, or any gathering of people.



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## **CHI Health at Home Hospice**

CHI – St. Elizabeth

245 South 84<sup>th</sup> St, Suite 300

Lincoln, NE 68510

Contact: Rachel Hartley

(402) 219-7750

[Rachel.Hartley@chihealthathome.com](mailto:Rachel.Hartley@chihealthathome.com)

6-week series in March/April designed for any adult who has experienced loss.

## **Coffee and Coping**

The Mill at College View

4736 Prescott Avenue

Lincoln, NE 68506

Every Wednesday | 9:30-10:30 a.m.

Drop-in support designed to supplement time between regular groups.

## **Roper and Sons Grief Services**

Roper Reception Facility

4300 O Street

Lincoln, NE 68510

Contact: Jodi Freeman, Outreach Coordinator

(402) 476-1225

[info@roperandsons.com](mailto:info@roperandsons.com)

[www.roperandsons.com](http://www.roperandsons.com)

Groups are free and open to the public.

## **Guided Group**

For those grieving losses at any time.

1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month | 2-3:30 p.m.

## **Structured Group**

For those who have lost someone in the past 18 months.

2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month | 2-3:30 p.m.

## **Substance Abuse Loss Group**

For friends and families of loved ones who

died due to substance use/abuse or overdose.

2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month | 5-6 p.m.

3950 Hohensee Drive (40<sup>th</sup> & Yankee Hill)

## **St. Mark's United Methodist Church Grief Support Group**

8550 Pioneers Boulevard

Vermeer Education Center Room 802

Lincoln, NE 68520

Contact: Pastor Kara Hillhouse

(402) 489-8885

[www.stmarks.org](http://www.stmarks.org)

Every Saturday | 1-2 p.m.

New participants are encouraged to join this ongoing grief support group at any time; however, the material will be repeated on a quarterly basis.

## **Southwood Lutheran Grief Support**

4301 Wilderness Hills Blvd

Lincoln, NE 68516

Contact: Pam Dinneen, Director of Care

(402) 423-5511

[pdinneen@southwoodlutheran.org](mailto:pdinneen@southwoodlutheran.org)

[www.southwoodlutheran.org](http://www.southwoodlutheran.org)

Groups are free and open to the public.

## **Understanding Our Grief**

A support group series for adults, offered throughout the year.

## **Renewed Hope**

A group for spouse loss.

3<sup>rd</sup> Sunday of each month | 11 a.m.



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## **Tabitha Health Care**

4720 Randolph Street

Lincoln, NE 68510

Contact: Jamie Scott, Bereavement Coordinator  
(402) 486-8546

## **Growing Through Grief**

A 6-week support group exploring loss through education and shared experience, offered multiple times throughout the year.

## **Loss of a Loved One**

The Harbor Coffee Shop

1265 S. Cotner Blvd.

Lincoln, NE 68510

Every Monday | 10-11:30 a.m.

Every Wednesday | 1:30-3 p.m.

Ongoing drop-in group open to anyone who has experienced a loss.

## **Men's Drop-in Group**

Hy-Vee Café

7151 Stacy Lane

Lincoln, NE 68516

Every other Friday | 1:30-3 p.m.

Ongoing group, look for Tabitha sign at one of the café tables.

## ***For Adults – Specialized Support***

## **AseraCare Hospice of Nebraska**

5715 S. 34th Street, Suite 100

Lincoln, NE 68516

Contact: Nancy Gabelman, Bereavement Coordinator  
(402) 488-1363

## **Widow & Widower Support Group**

2<sup>nd</sup> and last Monday of each month

5:30-7 p.m.

This group is for adults who have experienced the death of a spouse. Approximate ages 35-70.

## **Helping Ourselves as We Grieve**

4-5 week group offered in March and August for any type of loss.

## **Adults Who Have Lost a Parent**

This group focuses on losing a parent and healthy grief through education and discussion. Offered in April and October.

## **Pathways to Compassion Hospice**

1410 Infinity Road

Lincoln, NE 68512

Contact: Martin Weber, Bereavement Coordinator

(402) 474-0020

[info@cchnet.net](mailto:info@cchnet.net)

[www.pathwayshospice.net](http://www.pathwayshospice.net)

Sessions are held in spring and fall.

## **Widow to Widow Support**

First-Plymouth Church

2000 D Street

Lincoln, NE 68502

Contact: Phyllis Arth

(402) 476-7565

(402) 421-0822

[phyllis.arth@gmail.com](mailto:phyllis.arth@gmail.com)

[www.firstplymouth.org](http://www.firstplymouth.org)

This group meets monthly to provide support and camaraderie to women who have lost a spouse.



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# Community Grief Resources

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## **LOSS (Lincoln-Lancaster Outreach to Suicide Survivors)**

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

[www.nelossteam.nebraska.edu](http://www.nelossteam.nebraska.edu)

Dr. Dave Miers (402) 481-5165

Dr. Don Belau (402) 759-0573

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

## **Ray of Hope**

Our Savior Lutheran Church

1200 South 40<sup>th</sup> Street

Lincoln, NE 68510

Contact: Mary Schmuck

(402) 560-1684

(402) 483-2146 church office

1<sup>st</sup> and 3<sup>rd</sup> Monday of each month | 7 p.m.

For survivors of suicide.

## **Nebraska Survivor Outreach Services**

Army Survivor Outreach Services

2000 N 33<sup>rd</sup> Street

Lincoln, NE 68503

Contact: Stephanie Whisler, Support Coordinator

(402) 309-7466 office

(531) 500-7190 cell

[stephanie.m.whisler2.ctr@mail.mil](mailto:stephanie.m.whisler2.ctr@mail.mil)

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

## **University of Nebraska – Women’s Center Counseling**

(402) 472-9428

[wccounseling@unl.edu](mailto:wccounseling@unl.edu)

Free, unlimited, confidential. Open to all genders. Reserved for UNL students, faculty and staff.

## **Motherless Daughters Grief Class**

Christ Lutheran Church

4325 Sumner Street

Lincoln, NE 68506

Contact: Ashley Erks

(402) 483-7774

[aerks@christlutheranchurch.org](mailto:aerks@christlutheranchurch.org)

Thursdays | 6-8 p.m.

6-week class each fall.

## ***Other Resources***

### **Be Remembered**

Contact: Kerri Denell, MSW, Legacy Navigator  
(402) 802-8287

[kerri@beremembered.biz](mailto:kerri@beremembered.biz)

[www.beremembered.biz](http://www.beremembered.biz)

Your life story is a gift. Discover how you want to be remembered and turn that vision into a tangible gift that can be shared with future generations. Work with Kerri to create legacy letters, life reflection stories, milestone messages and legacy offerings.



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