

For Grieving Youth and their Caregivers

Mourning Hope Grief Center

4919 Baldwin Avenue

Contact: Jennifer Bass, Program Director

(402) 488-8989

hope@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 and also young adults of college age, who have experienced the death of someone significant in their lives. Children and teens come to Mourning Hope following the death of a sibling, parent, grandparent, or friend. All are welcome.

Hearts of Hope

2nd and 4th Thursday of every month

6:30 – 8:00 p.m.

For those who have a family member or loved one with a serious illness. Families meet individually or in small groups with trained facilitators. This program is designed to help families find ways to deal with changes in family routines, relationships, develop a support network, and adjust to the “new normal.”

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.

Charlie Brown’s Kids

Sheridan Lutheran Church

6955 Old Cheney Road

Contact: Bev Prucha

(402) 483-1845

1st and 3rd Thursday of each month

6:00 – 8:00 p.m.

For children and teens ages 3 to 18 who have experienced the death of a parent.

For Parents Grieving the Death of a Child

Remembering Our Children

Madonna Rehab Hospital

5401 South Street

(402) 477-0857

Contact: Sharon Duffy

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.



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

Saint Elizabeth Regional Medical Center
555 South 70th Street
Contact: Elsa Larson or Elizabeth Jacobs-Fitzgerald
(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.

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

BryanLGH Medical Plaza East
1500 South 48th Street
(402) 477-0857
Contact: Sharon Duffy
1st Wednesday of each month
7:30 – 8:30 p.m.
For parents who have experienced a neonatal death, a stillbirth, or that of an infant or young child.

For Adults – General Support

GriefShare

First Evangelical Free Church
Church: 3300 S. 84th Street
Office: 3280 S. 84th St
(402) 483-7635 (church office)
(402) 420-9552
Contact: Margie Oswald
Mondays
7:00 – 8:30 p.m.
Two, 13-week sessions starting in February and August. Open to anyone high school age and older.

GriefShare

Lincoln Berean Church
6400 South 70th Street
Contact: Dave and Chris
(402) 483-6512
12-week small group session offered at various times through the year
www.griefshare.org

Healing Hearts Grief Program

Offered by the Family Life Office – Diocese of Lincoln
37th and Sheridan
(402) 488-2040
Contact: Sandy Danek
6-week session, twice a year, centering on Catholic faith during death of a spouse or family member, including SIDS, miscarriage, and stillbirth.



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Christ's Place

1111 Old Cheney Rd.

Contact: Linda Vermooten

(402) 421-1111

Designed to assist people overcome grief and loss issues in a loving small-group Christian setting.

Journey Through Living, LLC

Contact: Lisa Borchart

(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.

HoriSun Hospice

3883 Normal Blvd. #108

(402) 484-6444

Contact: Susan Burkey and Diane Reha

Spring and Fall, 6-week support group sessions open to the public.

Grief Support Group

St. Elizabeth's Hospice

245 South 84th Street, Suite 100

(402) 219-7000

8-week sessions for any adult who has experienced the loss of a loved one.

Roper and Sons Outreach Grief Services

4300 O Street

Contact: Debbie Way

(402) 476-1225

6-week course offered 4 times a year

St. Mark's United Methodist Church Grief Support Group

8550 Pioneers Boulevard

Contact: Kara James

(402) 489-8885

Thursdays 6 – 7 p.m.

6-week sessions offered throughout the year

Tabitha's Growing Through Grief

4720 Randolph

(402) 486-8506 or (800) 286-9074

6-week session offered 4 times a year



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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.

Widowed Persons Service

Aging Partners

1005 O Street

(402) 441-7026

Contact: Laurie McAdams

Grief support and outreach for newly widowed people.

Good Grief! Widow Support

First Plymouth Church

2000 “D” Street

Contact: Cherie Bayley

(402) 476-7565

2nd Wednesday of each month, 4:00-5:00 PM

First-Plymouth wants to welcome non-members who are widows to a group fellowship to share, shed some tears, hold hands and look to the future.

Lincoln-Lancaster Outreach to Suicide Survivors (LOSS)

(402) 481-5165

Contact: Dr. Dave Miers

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

Ray of Hope

Our Savior Lutheran Church

40th and C Street

Contact: Gary and Jennifer Nelson

(402) 477-8610

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

For survivors of suicide.

Nebraska Survivor Outreach Services

Contact: Raechell Eddy-Jimerson

(402) 309-7804

(402) 570-4958

Contact: Randy Amundson

(402) 578-2514

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



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