

*The Mourning Hope Grief Center offers a grief support network for children, teens, young adults and their families who have experienced the serious illness or death of someone special to them. Support groups serve youth in kindergarten through college age and their families.*

*Founded in 1994, Mourning Hope is dedicated to providing emotional support for grieving youth, while helping caregivers and the community-at-large companion the bereaved. Mourning Hope is funded by the generosity of our community and does not require payment for any services.*

## Programs and Events



### Family Grief Series

- Held Monday or Tuesday evenings from 6:30 to 8:00 p.m. for 10 weeks
- Closed to new families after the 2nd week of group
- Co-facilitated groups are divided according to age, depending on family registrations for the session

### Second Saturdays

- Held the second Saturday morning of each month from 9:30 to 11:00 a.m.
- Open to new and returning families
- A great way to learn about Mourning Hope or to reconnect with families from prior sessions



### Hearts of Hope

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

### Art From Our Hearts

- Two Saturdays in the summer from 9 a.m. to 1 p.m.
- For children entering 1st through 5th grades
- Collaborative effort between local artists and Mourning Hope to offer children expressive ways to process their grief

### Teen Camp

- Collaborative fall weekend event with Ted E. Bear Hollow in Omaha
- Provides teens time at Camp Kataki to explore and process their grief

To receive additional information  
about Mourning Hope:

Mourning Hope Grief Center  
4919 Baldwin Avenue  
Lincoln, NE 68504

402.488.8989

info@mourninghope.org  
www.mourninghope.org

## Programs and Events (continued)



### **Healing the Family Heart**

- An annual overnight family retreat
- Designed for grieving children and families to participate in a variety of nurturing activities

### **Holiday Hope**

- Held on a Sunday afternoon in December
- Designed to offer family support through the holidays

### **Family Reunion**

- Sunday afternoon in September to reunite families at the Mourning Hope Grief Center
- Allows families to reconnect with other group members, view their completed quilts and participate in other scheduled activities



### **Pages of Hope**

- Quarterly group discussion on selected grief literature

### **Community Education**

- Collaborative event in January co-sponsored by Southeast Community College as a day event for professionals and in collaboration with BryanLGH and HoriSun Hospice as an evening community-wide presentation
- Recognized grief educator/author engaged to present
- Mourning Hope staff and volunteers are available to provide:
  - 1) Information regarding programs and activities at the Mourning Hope Grief Center
  - 2) Information about grief related topics
  - 3) Tours of the Mourning Hope Grief Center

### **Volunteer Trainings**

- Provide individuals with information and skills to effectively co-facilitate groups or utilize learned techniques in a variety of settings

### **Internships**

- Partner with local colleges and universities to provide opportunities for students interested in receiving grief/facilitator training and experience working with Mourning Hope programs

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