

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 the support group programs.

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



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

- Held two times annually
- Collaborative effort between local artists and Mourning Hope to offer children expressive ways to process their grief

Healing the Family Heart

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

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)



Holiday Hope

- Held during the Holiday Season
- Designed to offer family support through the holidays

Family Reunion

- Annual event 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 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 schools to provide opportunities for students interested in receiving grief/facilitator training and experience working with Mourning Hope programs

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