

For Grieving Youth and their Caregivers

Mourning Hope Grief Center

4919 Baldwin Avenue

Contact: Caitlin Mason, 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 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. All are welcome.

Young Adult Group

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

Hearts of Hope

For those who have a family member or loved one with a serious illness, we offer individual family support to help deal with changes in family routines, relationships, develop a support network, and adjust to the “new normal.” A helpful information packet is also available to support families during this time.

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.

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.)

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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 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)
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

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.



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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.

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.

HoriSun Hospice

3883 Normal Blvd. #108

(402) 484-6444

Contact: Susan Burkey and Nicole Ramsey
Spring and Fall

6-week support group sessions open to the public.

Grief Support Group

HealthConnect at Home –

Saint Elizabeth's Hospice

245 South 84th Street, Suite 300

Contact: Kay Olsen

402-219-7750 (direct)

402-219-7000 (to Register for a Group)

Six-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

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.

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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.

Tabitha Health Care

4720 Randolph

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

Contact: Kristine Kluck

www.tabitha.org

“**Growing through Grief**” – a support group exploring loss through poetry, art and conversation. Six-week sessions are ongoing.

“**Drop-in Men’s Group**” – held at Hy-Vee Café at 70th & Pioneers in Lincoln.

GriefShare – a Christian-based video series and discussion group held ongoing throughout the year.

Pathways to Compassion Hospice

1401 Infinity Rd, Ste. A

402-474-0020

Contact: Anna Dick-Burkey

adburkey@pathwayshospice.net

Grief support group for family members of their hospice patients and also for any adult in the general public who has lost a loved one. This includes a six-week session in the spring and one in the fall.

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.



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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

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 Leaders: 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: Krystyn Schmidt

(402) 309-7434 (o)

(402) 416-2064 (c)

Krystyn.o.schmidt.ctr@mail.mil

Contact: Randy Amundson

(402) 309-7466 (o)

(402) 578-2514 (c)

randy.j.amundson.ctr@mail.mil

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



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