



# COMMUNITY GRIEF RESOURCES

GRIEF SUPPORT FOR ALL AGES



GATHERED BY THE MOURNING HOPE GRIEF CENTER  
LINCOLN, NEBRASKA  
402.488.8989

# Community Grief Resources

*(Services are free, on a sliding fee scale, or for a minimal fee.)*

Mourning Hope Grief Center.....	<u>3</u>
Adult Grief Support Groups.....	<u>4</u>
Death of a Child.....	<u>5</u>
Grief Podcasts.....	<u>6</u>
Grief Social Media.....	<u>7</u>
Grief Support outside Lincoln.....	<u>8</u>
Grief Videos.....	<u>9</u>
Grief Websites.....	<u>10</u>
Local and National Hotlines.....	<u>11</u>
Pet Death Resources.....	<u>12</u>
Suicide Support.....	<u>13</u>



To make additions or changes to this resource guide, please email [hope@mourninghope.org](mailto:hope@mourninghope.org).

# Mourning Hope Grief Center

## Resources

The Mourning Hope Grief Center companions children, adults and families before and after a death loss. Mourning Hope provides grief support groups, counseling, community education, resources and referrals, all at absolutely no cost.

There's not one way to grieve. That's why Mourning Hope offers a broad range of programs and services that can be tailored to the unique circumstances of the individual and the death.

Forming the foundation of Mourning Hope's program offerings, peer-based grief support groups help participants find hope and connection. Available for all ages, these diverse programs include:

### **Family Grief Support Groups**

For children, teens and their adult caregivers.

### **Young Adult Grief Support Groups**

For ages 19 to 30ish.

### **Adult Grief Support Groups**

For ages 30+.

### **Survivors of Suicide Loss Support Groups**

For adults who have experienced a suicide death.

### **School-Based Grief Support Groups**

For students ages kindergarten through high school seniors.

1311 South Folsom Street  
Lincoln, NE 68522  
402.488.8989  
[hope@mourninghope.org](mailto:hope@mourninghope.org)  
[mourninghope.org](http://mourninghope.org)

### **Counseling**

In a group or individual setting, Mourning Hope's licensed counseling team helps children, adults and families learn healthy coping skills and ways to process their grief.

### **Resources & Referrals**

Mourning Hope has an extensive resource library of brochures, activity books, journals, and more.

### **Camp Erin® Lincoln**

A free, overnight bereavement camp for youth who are grieving the death of a significant person in their lives. Children and teens ages 6 to 17 attend a weekend camp experience that combines grief education and emotional support with fun, traditional camp activities.

### **Camp Erin® Family Camp**

A free, overnight bereavement camp to support families who have experienced the death of someone significant in their lives. Families explore their grief, learn coping skills, and make connections with other families through camp activities.

### **Holiday Hope**

Local artists work with youth while adults meet separately to learn how to navigate the often-difficult holiday season.

### **Mourning in Motion/Art from Our Heart**

One-day grief support event for youth to express their thoughts and emotions through movement or art.



# Adult Grief Support Groups

## Churches

### **Catholic Diocese of Lincoln Family Life Office**

3700 Sheridan Boulevard Suite 7  
Lincoln, NE 68506  
402.473.0620

### **Christ Lutheran Church**

4325 Sumner Street  
Lincoln, NE 68506  
402.429.2454  
[ashley.erks@gmail.com](mailto:ashley.erks@gmail.com)

### **Christ Place**

1111 Old Cheney Road  
Lincoln, NE 68512  
402.421.1111  
[care@christplace.church](mailto:care@christplace.church)

### **First Evangelical Free Church**

Fall & spring GriefShare groups.  
3280 South 84th Street  
Lincoln, NE 68506  
402.483.7635  
[info@firstfreelincoln.org](mailto:info@firstfreelincoln.org)  
[firstfreelincoln.org/care](http://firstfreelincoln.org/care)

### **First-Plymouth Church**

Monthly and weekly grief support groups.  
2000 D Street  
Lincoln, NE 68502  
402.476.7565  
[kj@firstplymouth.org](mailto:kj@firstplymouth.org)  
[firstplymouth.org/griefsupport](http://firstplymouth.org/griefsupport)

### **Lincoln Berean Church**

6400 South 70th Street  
Lincoln, NE 68516  
402.429.2825

### **Southwood Lutheran Church**

4301 Wilderness Hills Boulevard  
Lincoln, NE 68516  
402.423.5511  
[info@southwoodlutheran.org](mailto:info@southwoodlutheran.org)

### **St. Mark's United Methodist Church**

Weekly GriefShare group and biweekly men's grief group.  
8550 Pioneers Boulevard  
Lincoln, NE 68520  
402.489.8885  
[info@stmarks.org](mailto:info@stmarks.org)

## Funeral Homes

### **Roper and Sons**

4300 O Street  
Lincoln, NE 68510  
402.476.1225  
[info@roperandsons.com](mailto:info@roperandsons.com)  
[rebecca@roperandsons.com](mailto:rebecca@roperandsons.com)

## Hospices

### **AseraCare Hospice**

5715 South 34th Street Suite 100  
Lincoln, NE 68516  
402.488.1363  
[geralyn.hepp@amedisys.com](mailto:geralyn.hepp@amedisys.com)

### **CHI Health at Home Hospice**

Monthly and biweekly grief support groups.  
245 South 84th Street Suite 300  
Lincoln, NE 68510  
402.219.7750  
[erin.bunker@commonspirit.org](mailto:erin.bunker@commonspirit.org)

### **HoriSun Hospice**

2200 South 40th Street Suite 101  
Lincoln, NE 68506  
402.484.6444  
[msarafian@horisunhospice.com](mailto:msarafian@horisunhospice.com)

### **Tabitha Health Care**

Weekly men's and women's grief support groups and monthly online grief support group.  
4720 Randolph Street  
Lincoln, NE 68510  
402.486.8546  
[tabitha.org/senior-care-services/bereavement](http://tabitha.org/senior-care-services/bereavement)



# Death of a Child

**BRIDGES** (**B**ereavement, **R**esources, **I**nfant Loss, **D**eath, **G**rief, **E**ncouragement, **S**upport)  
Bereavement support system for families who have experienced a pregnancy loss through miscarriage, ectopic (tubal) pregnancy, stillbirth, or newborn death.  
CHI - Health St. Elizabeth  
555 South 70th Street  
Lincoln, NE 68510  
402.219.7065

## **Catholic Diocese of Lincoln**

*When a Baby Dies is a Healing Hearts* program especially for parents who have lost an infant (SIDS) or had a miscarriage or stillbirth.  
3700 Sheridan Boulevard Suite 7  
Lincoln, NE 68506  
402.473.0620

## **No Footprint Too Small**

Provides comprehensive perinatal support to mothers, fathers, and families who are affected by pregnancy or infant loss.  
P.O. Box 6722  
Lincoln, NE 68506  
402.318.3911  
[nofootprinttoosmall.com](http://nofootprinttoosmall.com)

## **The Compassionate Friends of Lincoln**

If you have experienced the death of a child, grandchild, or sibling, help is here to provide friendship, understanding, and hope.  
Meets on 3rd Tuesdays, 7-8:30pm at Rock 'n' Joe Coffee  
5025 Lindberg St.  
Lincoln, NE 68516  
402.676.3670  
[tcfoflincoln@gmail.com](mailto:tcfoflincoln@gmail.com)  
[compassionatefriends.org](http://compassionatefriends.org)

## **Connected Forever**

Resources, education, and emotional support for families who have experienced pregnancy and infant loss or a NICU stay.  
P.O. Box 21961  
Lincoln, NE  
[info@connected4ever.org](mailto:info@connected4ever.org)

## **EMBRACE** (**E**very **M**oment **B**rief, **R**emembered **A**lways, **C**herished **E**ternally)

Perinatal palliative care and hospice program for families whose unborn baby has been diagnosed with a potentially life-limiting condition. Support throughout the pregnancy providing information for birth-care planning.  
CHI Health - St. Elizabeth  
555 South 70th Street  
Lincoln, NE 68510  
402.219.7065

# Grief Podcasts

## **Bereavement Room**

[podcasts.apple.com/gb/podcast/bereavement-room/id1488982564](https://podcasts.apple.com/gb/podcast/bereavement-room/id1488982564)

## **Dead Parent Club**

[podcasts.apple.com/gb/podcast/dead-parent-club/id1436488333](https://podcasts.apple.com/gb/podcast/dead-parent-club/id1436488333)

## **Dougy Center: Grief Out Loud**

[dougy.org/news-media/podcasts](https://dougy.org/news-media/podcasts)

## **Grief Cast**

[cariadlloyd.com/griefcast](https://cariadlloyd.com/griefcast)

## **Grief Dreams**

[griefdreams.ca/grief-dreams-podcast](https://griefdreams.ca/grief-dreams-podcast)

## **Grief Works**

[podcasts.apple.com/us/podcast/grief-works/id1218890840](https://podcasts.apple.com/us/podcast/grief-works/id1218890840)

## **Good Mourning**

[podcasts.apple.com/au/podcast/good-mourning/id1529978129](https://podcasts.apple.com/au/podcast/good-mourning/id1529978129)

## **Let's Talk About Death**

[listennotes.com/podcasts/lets-talk-about-death-with-the-capaul-twins-TJRlwC0QNVK/](https://listennotes.com/podcasts/lets-talk-about-death-with-the-capaul-twins-TJRlwC0QNVK/)

## **Monday Mourning**

[deadparentsclub.rip/podcast](https://deadparentsclub.rip/podcast)

## **Sisters in Loss**

[sistersinloss.com](https://sistersinloss.com)

## **Swear On My Mother's Grave**

<https://podcasts.apple.com/us/podcast/i-swear-on-my-mothers-grave/id1527148191>

## **Talk Dying To Me**

[talkdyingtome.com/podcast-1](https://talkdyingtome.com/podcast-1)

## **Terrible, Thanks For Asking**

[ttfa.org](https://ttfa.org)

## **The Death Dialogues Project Podcast**

[deathdialogues.net/p/the-podcast\\_2.html](https://deathdialogues.net/p/the-podcast_2.html)

## **The Grief Gang**

[podcasts.apple.com/us/podcast/the-grief-gang/id1489821860](https://podcasts.apple.com/us/podcast/the-grief-gang/id1489821860)

## **The Widowed Parent Podcast**

[jennylink.com/podcast-main](https://jennylink.com/podcast-main)

## **What's Your Grief Podcast**

[whatsyourgrief.com/grief-podcast/](https://whatsyourgrief.com/grief-podcast/)

# Grief Social Media

## Instagram

**Brown Girl Grieving**  
[instagram.com/grievemebe](https://www.instagram.com/grievemebe)

**Grief2Hope**  
[instagram.com/grief2hope](https://www.instagram.com/grief2hope)

**Grief Kid**  
[instagram.com/griefkid](https://www.instagram.com/griefkid)

**Heal With Christie**  
[instagram.com/healwithchristie](https://www.instagram.com/healwithchristie)

**Modern Loss**  
[instagram.com/modernloss](https://www.instagram.com/modernloss)

**Notes From Your Therapist**  
[instagram.com/notesfromyourtherapist](https://www.instagram.com/notesfromyourtherapist)

**Option B - Navigating Loss & Hardship**  
[instagram.com/optionb](https://www.instagram.com/optionb)

**Refuge in Grief**  
[instagram.com/refugeingrief](https://www.instagram.com/refugeingrief)

**Speaking Grief**  
[instagram.com/wpsugrief](https://www.instagram.com/wpsugrief)

**Terrible, Thanks for Asking**  
[instagram.com/ttfapodcast](https://www.instagram.com/ttfapodcast)

**That Good Grief**  
[instagram.com/thatgoodgrief](https://www.instagram.com/thatgoodgrief)

**What's Your Grief**  
[instagram.com/whatsyourgrief](https://www.instagram.com/whatsyourgrief)

## Facebook

**A Bed For My Heart**  
[facebook.com/ABedForMyHeart](https://www.facebook.com/ABedForMyHeart)

**Life With Grief**  
[facebook.com/LifeWithGrief](https://www.facebook.com/LifeWithGrief)

**Refuge In Grief**  
[facebook.com/refugeingrief](https://www.facebook.com/refugeingrief)

**The Empty Chair**  
[facebook.com/TheOriginalEmptyChair](https://www.facebook.com/TheOriginalEmptyChair)

**What's Your Grief**  
[facebook.com/whatsyourgrief](https://www.facebook.com/whatsyourgrief)



# Grief Support in other Nebraska Communities

## **The Collective for Hope**

7811 Farnam Drive

Omaha, NE 68114

402.502.2773 (English)

402.507.0190 (Spanish)

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

[thecollectiveforhope.org](http://thecollectiveforhope.org)

- **Ted E. Bear Hollow:** Children and family programs.
- **Grief's Journey:** Pre-teen, teen and adult programs.
- **Healing Embrace:** Pregnancy and infant loss programs.

## **Hand in Hand Palliative Care**

Children's Hospital and Medical Center

8200 Dodge Street

Omaha, NE 68114

402.955.5428

[childrensomaha.org](http://childrensomaha.org)

- Care plans.
- Support services.
- Integrative support therapies.

## **Great Plains Hospice**

601 West Leota Street

North Platte, NE 69101

308.568.7434

- Footsteps Grief Camp for children, teens and their adult caregiver(s).
- Adult support groups.

## **Heartfelt Inc.**

P.O. Box 201

Seward, NE 68434

402.803.1771

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

[heartfeltseward.org](http://heartfeltseward.org)

- Heartfelt Connections newsletter.
- Children's Memorial bricks.

# Grief Videos

## **A Grief Casserole - How to Help your Friends & Family Through Loss**

[youtube.com/watch?v=IfDV103duCM](https://youtube.com/watch?v=IfDV103duCM)

## **Against Grieving in Silence**

[youtube.com/watch?v=6zIFGI5tPQQ](https://youtube.com/watch?v=6zIFGI5tPQQ)

## **Beyond Closure**

[youtube.com/watch?v=w0rCfXSdYPE](https://youtube.com/watch?v=w0rCfXSdYPE)

## **Grief, it's Complicated...10% of the Time**

[youtube.com/watch?v=4GDTbtePHUU](https://youtube.com/watch?v=4GDTbtePHUU)

## **How do you Help a Grieving Friend?**

[youtube.com/watch?v=l2zLCCRT-nE](https://youtube.com/watch?v=l2zLCCRT-nE)

## **How to Comfort a Grieving Teen**

[youtube.com/watch?v=ySeZLAqcnuo](https://youtube.com/watch?v=ySeZLAqcnuo)

## **It's Time We Reframe Grief for Children**

[youtube.com/watch?v=66kgittqUwY](https://youtube.com/watch?v=66kgittqUwY)

## **No Child Should Ever Grieve Alone**

[youtube.com/watch?v=YR9eokO8cFA](https://youtube.com/watch?v=YR9eokO8cFA)

## **Speaking Grief**

[speakinggrief.org/documentary](https://speakinggrief.org/documentary)

## **The Journey of Grieving, Feeling and Healing**

[youtube.com/watch?v=Cwdo8\\_qwjog](https://youtube.com/watch?v=Cwdo8_qwjog)

## **We Don't Move On From Grief, We Move Forward With It**

[youtube.com/watch?v=khkJkR-ipfw](https://youtube.com/watch?v=khkJkR-ipfw)

## **What I Wish People Know After My Husband Died**

[youtube.com/watch?v=JPYHh7Ascrk](https://youtube.com/watch?v=JPYHh7Ascrk)

# Grief Websites and Links

## General Grief

**Center for Loss and Life Transition**  
[centerforloss.com](http://centerforloss.com)

**Centering Corporation**  
[centering.org](http://centering.org)

**Grief Stories**  
[griefstories.org](http://griefstories.org)

**Mourning Hope Grief Center**  
[mourninghope.org](http://mourninghope.org)

**Refuge In Grief**  
[refugeingrief.com](http://refugeingrief.com)

**Speaking Grief**  
[speakinggrief.org](http://speakinggrief.org)

**What's Your Grief**  
[whatsyourgrief.com](http://whatsyourgrief.com)

## Children and Teens

**Eluna**  
[elunanetwork.org](http://elunanetwork.org)

**National Alliance for Children's Grief**  
[nacg.org](http://nacg.org)

**Teenage Grief Sucks**  
[teenagegriefsucks.com](http://teenagegriefsucks.com)

## Military

**Tragedy Assistance Program for Survivors (TAPS)**  
[taps.org](http://taps.org)

## Parents

**A Bed For My Heart**  
[abedformyheart.com](http://abedformyheart.com)

**Bereaved Parents of the USA**  
[bereavedparentsusa.org](http://bereavedparentsusa.org)

**Grieving Dads**  
[grievingdads.com](http://grievingdads.com)

**No Foot Too Small**  
[nofoottoosmall.org](http://nofoottoosmall.org)

**Parents of Murdered Children**  
[pomc.org](http://pomc.org)

**SIDS America**  
[sidsamerica.org](http://sidsamerica.org)

**Still Standing**  
[stillstandingmag.com](http://stillstandingmag.com)

**The Compassionate Friends**  
[compassionatefriends.org](http://compassionatefriends.org)

## Twins

**Twinless Twins**  
[twinlesstwins.org](http://twinlesstwins.org)

## Widows

**Hot Young Widows Club**  
[hotyoungwidowsclub.com](http://hotyoungwidowsclub.com)



# Hotlines

## Local

### 211

Referrals to more than 3,000 nonprofit and public programs and services. Basic human needs; physical and mental health resources; employment supports; children, youth and families; older Americans and persons with disabilities; and much more.

- **Call:** 211
- **Text:** Your zip code to 898211
- **Email:** [nebraska211@uwmidlands.org](mailto:nebraska211@uwmidlands.org)
- **Online:** [ne211.org](http://ne211.org)

### Boys Town Hotline

For children, teens and families.

- **Call:** 800.448.3000
- **Text:** VOICE to 20121
- **Email:** [hotline@boystown.org](mailto:hotline@boystown.org)
- **Online:** [yourlifeyourvoice.org](http://yourlifeyourvoice.org)

### CenterPointe Crisis Helpline

For youth, adults and families.

- **Call:** 402.475.6695
- **Text:** START to 741741
- **Online:** [centerpointe.org](http://centerpointe.org)

### Keya House Warm Line

Peer-support line for adults with mental health, substance use and/or addiction issues.

- **Call:** 402.261.5959

### Nebraska Family Helpline

For families.

- **Call:** 888.866.8660

## National

### Boys Town National Hotline

- **Call:** 800.448.3000

### Crisis Text Line

- **Text:** HOME to 741741

### NAMI Helpline

M-F 10am-10pm

- **Call:** 800.950.6264
- **Text:** 62640
- **Email:** [helpline@nami.org](mailto:helpline@nami.org)

### Suicide and Crisis Lifeline

- **Call:** 988

### Trans Lifeline Hotline

- **Call:** 877.565.8860

### Veterans Crisis Line

- **Call:** 988, then press 1
- **Text:** 838255

# Pet Death Resources

## Support Groups

### **Hamilton's Academy of Grief & Loss**

3601 Westown Parkway  
West Des Moines, IA  
515.697.3666  
[hamiltonsfuneralhome.com](http://hamiltonsfuneralhome.com)

### **Nebraska Humane Society**

8929 Fort Street  
Omaha, NE 68134  
402.444.7800  
[nehumanesociety.org](http://nehumanesociety.org)

### **Paws To Angels Pet Loss Center**

11718 West Dodge Road  
Omaha, NE 68154  
402.507.0585  
[facebook.com/pawstoangels](https://facebook.com/pawstoangels)

## Hotlines

### **American Society for the Prevention of Cruelty to Animals (ASPCA)**

- **Call:** 877.474.3310

### **Association for Pet Loss and Bereavement**

- **Chat:** [aplb.org/chat-with-us](http://aplb.org/chat-with-us)

### **Lap of Love Hotline**

- **Call:** 855.933.5683

## Books

### **A Dog to Remember**

June Greig

### **And I Love You Still...**

Julianne Corbin, PhD

### **Goodbye, Brecken**

David Lupton

### **Goodbye, Friend: Healing Wisdom for Anyone Who has Ever Lost a Pet**

Gary Kowalski

### **Losing My Best Friend**

Jeannie Wycherley

### **Saying Goodbye to Lulu**

Corinne Demas

### **Saying Goodbye to the Pet You Love**

Lorri A. Greene, PhD

### **The Invisible Leash**

Patrice Karst

### **The Rainbow Bridge**

Adrian Raeside

### **Three Cats, Two Dogs: One Journey Through Multiple Pet Loss**

David Congalton

### **When a Pet Dies**

Fred Rogers

# Suicide Support

## Support Groups

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

The LOSS Team is a group of trained and mental health professionals acting as volunteers to bring immediate support to those who have experienced the suicide death of someone significant.

402.440.1633

[nebraskaloss.org](http://nebraskaloss.org)

[facebook.com/lincolnLOSSteam](https://facebook.com/lincolnLOSSteam)

### **Survivors of Suicide Loss Grief Support Group**

For adults ages 18+ who have experienced the suicide death of someone significant in their lives. You are not alone. Connect with others who understand.

1311 South Folsom Street

Lincoln, NE 68522

402.488.8989

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

### **Ray of Hope**

Support, comfort and caring for survivors of suicide loss. Ray of Hope Facebook group also available. 1st and 3rd Monday at 7pm.

1200 South 40th Street

Lincoln, NE 68510

402.483.2146

## Online Resources

### **AFSP Nebraska**

Local chapter with a mission to save lives and bring hope to Nebraskans affected by suicide.  
941.724.0498

[courtney.collins@afsp.org](mailto:courtney.collins@afsp.org)

[afsp.org/chapter/nebraska](http://afsp.org/chapter/nebraska)

### **Bryan Health Suicide Prevention**

A collaboration with the Nebraska State Suicide Prevention Coalition and others to provide suicide prevention awareness and education to the community, state and region.

402.481.1111

[bryanhealth.com/services/counseling-mental-health/suicide-education-prevention/](http://bryanhealth.com/services/counseling-mental-health/suicide-education-prevention/)

### **Nebraska State Suicide Prevention Coalition**

A voluntary group representing public and private agencies, suicide survivors and Nebraskans working to increase awareness, decrease stigma, and implement programs aimed at suicide prevention.

[nsspc.org](http://nsspc.org)

### **Nebraska Youth Suicide Prevention**

A collaboration between the Nebraska DHHS Division of Behavioral Health, Nebraska Department of Education, Region V Systems, University of Nebraska Public Policy Center, Nebraska State Suicide Prevention Coalition, and Society of Care working to decrease the suicide rate among young people in Nebraska.

[youthsuicideprevention.nebraska.edu](http://youthsuicideprevention.nebraska.edu)

[facebook.com/NEprevention](https://facebook.com/NEprevention)