Community Grief Resources

For Grieving Youth and Their Caregivers

Mourning Hope Grief Center
4919 Baldwin Avenue
Lincoln, NE 68504
Contact: Alyssa Christensen, Volunteer & Community Director
(402) 488-8989
achristensen@mourninghope.org
www.mourninghope.org

Family Grief Support Group
Mondays, Tuesdays or Thursdays | 6:30-8 p.m.
For families with youth ages kindergarten through high school seniors who have experienced the death of someone significant in their lives. This group is offered free of charge.

Camp Erin Lincoln®
September 20-22, 2019
A weekend-long, overnight bereavement camp in the fall for children ages 6-17. Fun, high-energy, traditional camp combined with grief education. This camp is offered free of charge.

Young Adult Grief Support Group
Mondays, Wednesdays or Thursdays
7-8:30 p.m. | The Bay | 2005 Y Stret
For young adults, ages 18-30(ish), who have experienced the death of someone significant in their lives. No charge to participants, but pre-registration is appreciated.

"Bits of Hope" Family Grief Support Group
Tuesdays in June & July | 6:30 – 8 p.m.
Abbreviated version of the 10-week session, offered at no charge to participants.

Holiday Hope
Sunday, December 8, 2019 | 1:30-4:30 p.m.
Local artists work with youth while adults meet separately to learn how to navigate the holiday season. Free, and all snacks and supplies are provided.

Mourning in Motion
Saturday, July 20, 2019 | 9 a.m.-3 p.m.
One-day free grief support event for youth to use art as a way of coping and expression.

School-Based Grief Support Groups
Offered in the local school system on an as-requested basis.

Survivors of Suicide Loss Support Group
Meets monthly | 6:30-8 p.m.
For families and individuals who have experienced the suicide death of someone significant in their lives.

For Parents Grieving the Death of a Child

BRIDGES (Bereavement, Resources, Infant Loss, Death, Grief, Encouragement & Support)
CHI Health - Saint Elizabeth
555 South 70th Street
Lincoln, NE 68510
Contact: Elizabeth Jacobs-Fitzgerald, BSN, RNC-OB, BRIDGES & EMBRACE Coordinator
Perinatal Bereavement and Palliative Care
(402) 219-7065 office
(402) 745-7886 cell
ejacobs-fitzgerald@stez.org
Bereavement support system for families who have experienced 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)
CHI Health - Saint Elizabeth
555 South 70th Street
Lincoln, NE 68510
Contact: Elizabeth Jacobs-Fitzgerald, BSN, RNC-OB, BRIDGES & EMBRACE Coordinator
Perinatal Bereavement and Palliative Care
(402) 219-7065 office
(515) 745-7886 cell
ejacobs-fitzgerald@stez.org
Perinatal palliative care and hospice program for families whose unborn baby has been diagnosed with a potential life-limiting condition. Support throughout the pregnancy providing information for birth-care planning.

H.O.P.E. (Helping Other Parents Endure)
Bryan Medical Center East
1600 South 48th Street
Lincoln, NE 68506
Contact: Ina Luhring
(402) 570-0231
rememberingourchildren@yahoo.com
www.rememberingourchildren.org
1st Wednesday of each month | 7:30-8:30 p.m.
A support group for bereaved parents who have experienced the loss of a baby due to miscarriage, stillbirth, or newborn death.
Butterfly Release held the 3rd Sunday in August at 2 p.m. at Madonna Rehabilitation Hospital.
Candle Lighting held the 2nd Sunday in December at 7 p.m. at the Bryan College of Heath Sciences.
Walk to Remember held the 1st Sunday in October at 1 p.m. at Lincoln Memorial Park to recognize pregnancy and infant loss.

The Compassionate Friends of Lincoln
Havelock Christian Church
6520 Colfax Avenue
Lincoln, NE 68507
tcflincoln@gmail.com
www.compassionatefriends.org
3rd Monday of each month | 7-9 p.m.
If you or a friend has suffered the loss of a child, help is here to provide support for the family.

Connected Forever
P.O. Box 21961
Lincoln, NE 68542
Contact: Makaela Parsons, Bereavement Coordinator
(402) 617-6071
makaela.parsons@connected4ever.org
www.connected4ever.org
Provides support to families who experience pregnancy loss, infant loss, or a NICU journey through resources, education and emotional support. Programs include funeral/burial assistance, peer mentors, online and in-person support, and memorial events. We strive to ensure no Nebraska family walks their journey alone. Follow Connected Forever on Facebook for updates and announcements.

No Footprint Too Small
4740 A Street, Suite 200
Lincoln, NE 68510
(712) 574-0478
info@nofootprinttoosmall.com
www.nofootprinttoosmall.com
Provides comprehensive perinatal support to mothers, fathers and families who are affected by pregnancy and/or infant loss.

Healing Hearts Grief Program
Diocese of Lincoln – Family Life Office
John XXIII Catholic Offices
3700 Sheridan Boulevard
Lincoln, NE 68506
Contact: Sandy Danek, Program Coordinator
(402) 473-0620
www.lincolndiocese.org
Healing Hearts, a Christ-centered grief support program, provides an educational series of 6 sessions twice a year. The program extends to those families who have lost a child through miscarriage, stillbirth, neonatal death or SIDS, providing one-on-one support.

B-Buddies
b.buddies1215@gmail.com
Provides weighted stuffed animals to parents who are experiencing pregnancy or infant loss at Bryan Health in Lincoln, Nebraska.

For Adults – General Support

GriefShare
First Evangelical Free Church
3300 S. 84th Street
Lincoln, NE 68506
(402) 483-7635
www.firstfreelincoln.org
The church forms new groups in January and mid-August.

GriefShare
Lincoln Berean Church
6400 South 70th Street
Lincoln, NE 68516
Contact: Dave or Chris
(402) 483-6512 call
(402) 499-1059 text
www.lincolnberean.org
14-week small group session offered at various times throughout the year.

GriefShare
Christ's Place
1111 Old Cheney Road
Lincoln, NE 68512
Contact: Pastor Nathan Kroll
(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.

HoriSun Hospice
2200 South 40th, Suite 101
Lincoln, NE 68506
Contact: Michelle Sarafian
(402) 484-6444
msarafian@horisunhospice.com
www.horisunhospice.com
6-week grief support groups meet in April and September. Open to the community.

Journey Through Living, LLC
Contact: Lisa Borchardt, LCSW
(402) 217-3333
lisa@journeythroughliving.com
www.journeythroughliving.com
Small group seminars 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, assist with personal adjustment to crisis and transition, and educate about creating and sustaining personal change. Workshop presentations can be delivered to businesses, agencies, civic & religious organizations, campus groups & classrooms, or any gathering of people.

First-Plymouth Church
2000 D Street
Lincoln, NE 68502
(402) 476-7565
addie@firstplymouth.org
Support groups offered throughout the year.

CHI Health at Home Hospice
245 South 84th St, Suite 300
Lincoln, NE 68510
Contact: Rachel Hartley
(402) 219-7750
Rachel.Hartley@chihealthathome.com
Two 6-week series in Spring/Fall designed for any adult who has experienced death loss.

Roper and Sons Grief Services
Contact: Jodi Freeman, Outreach Coordinator
(402) 476-1225
info@roperandsons.com
www.roperandsons.com
Groups are free and open to the public.

Guided Group
The Mill Telegraph
331 South 21st Street
For those grieving losses that occurred more than 18 months ago.
1st Sunday of each month | 2-3 p.m. | spousal loss only
3rd Sunday of each month | 2-3 p.m. | all losses other than spouses

Structured Group
Roper & Sons Reception Facility
4300 O Street
For those who have experienced a loss in the past 12 to 18 months.
2nd and 4th Sunday of each month | 2-3 p.m.

Substance Abuse Loss Group
The Mill Telegraph
331 South 21st Street
For friends and families of loved ones who died due to substance use/abuse or overdose.
3rd Sunday of each month | 3-4 p.m.

St. Mark's United Methodist Church Grief Support Group
8550 Pioneers Boulevard
Vermeer Education Center Room 802
Lincoln, NE 68520
Contact: Pastor Kara Hillhouse
(402) 489-8885
www.stmarks.org
Every Saturday | 1-2 p.m.
New participants are encouraged to join this ongoing grief support group at any time; however, the material will be repeated on a quarterly basis.

Southwood Lutheran Grief Support
4301 Wilderness Hills Blvd
Lincoln, NE 68516
Contact: Mary Senne, Director of Care
(402) 423-5511
msenne@southwoodlutheran.org
www.southwoodlutheran.org
Groups are free and open to the public.

Renewed Hope
A group for spouse loss.
3rd Sunday of each month | 11 a.m.

SouthPointe Christian Church Grief Support
7010 Helen Witt Drive
Lincoln, NE 68512
Contact: Caitlin Mason
(402) 420-2750
office@southpointecc.org
www.southpointecc.org
August 7-September 11 | 10-11:30 a.m.
Register via email.

Tabitha Health Care
4720 Randolph Street
Lincoln, NE 68510
Contact: Rev. Ray Boesche, Bereavement Coordinator
(402) 486-8546

Growing Through Grief
A 6-week support group exploring loss through education and shared experience, offered multiple times throughout the year.

Loss of a Loved One
The Harbor Coffee Shop
1265 S. Cotner Blvd.
Lincoln, NE 68510
Every Monday | 10-11:30 a.m.
Every Wednesday | 1:30-3 p.m.
Ongoing drop-in group open to anyone who has experienced a loss.

Men's Drop-in Group
Hy-Vee Café
7151 Stacy Lane
Lincoln, NE 68516
Every other Friday | 1:30-3 p.m.
Ongoing group, look for Tabitha sign at one of the café tables.

For Adults – Specialized Support

Pathways to Compassion Hospice
1410 Infinity Road
Lincoln, NE 68512
(402) 474-0020
info@cchnet.net
www.pathwayshospice.net
Sessions are held in spring and fall.

AseraCare Hospice of Nebraska
5715 S. 34th Street, Suite 100
Lincoln, NE 68516
Contact: Nancy Gabelman, Bereavement Coordinator
(402) 488-1363

Widow & Widower Support Group
2nd and last Monday of each month
5:30-7 p.m.
This group is for adults who have experienced the death of a spouse. Approximate ages 35-70.

Helping Ourselves as We Grieve
4-5 week group offered in March and August for any type of loss.

Adults Who Have Lost a Parent
This group focuses on losing a parent and healthy grief through education and discussion. Offered in April and October.

Widow to Widow Support
First-Plymouth Church
2000 D Street
Lincoln, NE 68502
Contact: Phyllis Arth
(402) 476-7565
(402) 421-0822
phyllis.arth@gmail.com
www.firstplymouth.org
This group meets monthly to provide support and camaraderie to women who have lost a spouse.

LOSS (Lincoln-Lancaster Outreach to Suicide Survivors)
Contact: Terri Marti, LOSS Team Coordinator
(402) 440-1633
www.nelossteam.nebraska.edu
Dr. Dave Miers (402) 481-5165
Dr. Don Belau (402) 759-0573
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 Street
Lincoln, NE 68510
Contact: Mary Schmuck
(402) 483-2099 Mary
(402) 304-8985 Katrena
rayofhope@earthlink.net
1st and 3rd Monday of each month | 7 p.m.
Support, comfort and caring for survivors of suicide loss. Ray of Hope Facebook Group also available.

Nebraska Survivor Outreach Services
Army Survivor Outreach Services
2000 N 33rd Street
Lincoln, NE 68503
Contact: Stephanie Whisler, Support Coordinator
(402) 309-7466 office
(531) 500-7190 cell
stephanie.m.whisler2.ctr@mail.mil
Providing dedicated and comprehensive support services to survivors of deceased soldiers.

Survivors of Suicide Loss Support Group
Mourning Hope Grief Center
4919 Baldwin Avenue
Lincoln, NE 68504
Contact: Alyssa Christensen, Community & Volunteer Director
(402) 488-8989
achristensen@mourninghope.org
www.mourninghope.org
Meets monthly | 6:30-8 p.m.
For individuals who have experienced the suicide death of someone significant in their lives. Adults, teens and children (kindergarten and up) are welcome.

University of Nebraska – Women's Center Counseling
(402) 472-9428
wccounseling@unl.edu
Free, unlimited, confidential. Open to all genders. Reserved for UNL students, faculty and staff.

Motherless Daughters Grief Class
Christ Lutheran Church
4325 Sumner Street
Lincoln, NE 68506
Contact: Ashley Erks
(402) 429-2454
ashley.erks@gmail.com
Thursdays | 6-8 p.m.
6-week class each fall.

Other Resources

Be Remembered
Contact: Kerri Denell, MSW, Legacy Navigator
(402) 802-8287
kerri@beremembered.biz
www.beremembered.biz
Your life story is a gift. Discover how you want to be remembered and turn that vision into a tangible gift that can be shared with future generations. Work with Kerri to create legacy letters, life reflection stories, milestone messages and legacy offerings.

Nebraska Hospice and Palliative Care Association
Contact: Marcia Cederdahl
(402) 477-0204
marciac@nehca.org
www.nehospice.org
A statewide partnership to improve the quality of life for all Nebraskans who have chronic conditions or are near the end of life and to support the various communities who care for them.

The Compassion Creative
www.thecompassioncreative.com
A volunteer-based photo ministry founded by Anna Mostek Tetrault of Anna Mostek Photography with the help of her sister Elle Mostek (Keown) of Keown Design Co. Provides cost-free photography sessions to families with loved ones living with terminal illness.

Outside Lincoln

Hope Heroes
Emmanuel Lutheran Church
806 Beaver Avenue
York, NE 68467
(402) 362-6575
csteever@efyork.org

Support groups for children ages 5-18, as well as support groups for adults.

Grief's Journey
7811 Farnam Drive
Omaha, NE 68114
Contact: Cathy Fox, Director of Operations
(402) 502-2773
info@griefsjourney.org
www.griefsjourney.org
Support groups for children (ages 3-18 years) and their families, as well as support groups for adults.

HEALing Embrace
PO Box 540021
Omaha, NE 68154
Contact: Jennifer Sommer
(402) 819-4002
jennifer@healingembrace.org
www.healingembrace.org

HEALing Embrace journeys with families experiencing pregnancy and infant loss from any gestational age up to 1 year of age. We strive to bring hope and healing to grieving hearts by offering financial assistance to loss families, bereavement doula services, photography, and making weighted birth day bears and packages.

Footsteps Grief Camp
Camp Comeca
75670 Rd 417
Cozad, NE 69130
Contact: Renee Callaghan
(308) 568-7918
callaghanr@gphealth.org
Saturday | June 8, 2019 | 8:30 a.m.-4:30 p.m.
Footsteps Camp is a day-long camp focused on children and teens, along with their guardian, who have experienced the death of a loved one. All participants will learn about their grief and connect with others who have experienced a loss. The goal of Footsteps Camp is to inspire the healing process of children and teens by providing compassionate support and understanding.
The camp is free to all campers. Breakfast, lunch, snacks, activity supplies and t-shirts will be provided.