

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

10-Week Family Grief Series

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 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” 6-Week Family Grief Series

Tuesdays in June | 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, April 27, 2019 | 9 a.m. to 11:30 a.m.

Saturday, July 20, 2019 | 9 a.m.-12 p.m.

One-day free grief support event for youth to develop an art project honoring a significant person who has died.

8-Week School Grief Support Groups

Offered in the local school system on an as-requested basis.

Survivors of Suicide Loss Support Group

2nd Monday of each month | 6:30-8 p.m.

For families and individuals who have experienced the suicide death of someone significant in their lives, this group is a *supplement* to Mourning Hope’s Family Grief and Young Adult Grief Groups.



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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 Luhning
(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.

Remembering Our Children

Contact: Trish Schuster
(402) 806-2578
trish_schuster@yahoo.com
www.rememberingourchildren.org
For those who have experienced the death of a child.

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 Health Sciences.

Walk to Remember held the 1st Sunday in October at 1 p.m. at Lincoln Memorial Park to recognize pregnancy and infant loss.



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The Compassionate Friends of Lincoln

Meet at 4919 Baldwin Avenue

Lincoln, NE 68504

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.



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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.



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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

Roper Reception Facility

4300 O Street

Lincoln, NE 68510

Contact: Jodi Freeman, Outreach Coordinator

(402) 476-1225

info@roperandsons.com

www.roperandsons.com

Groups are free and open to the public.

Guided Group

For those grieving losses at any time.

1st and 3rd Sunday of each month | 2-3:30 p.m.

Structured Group

For those who have lost someone in the past 18 months.

2nd and 4th Sunday of each month | 2-3:30 p.m.

Substance Abuse Loss Group

For friends and families of loved ones who died due to substance use/abuse or overdose.

2nd and 4th Sunday of each month | 5-6 p.m.

3950 Hohensee Drive (40th & Yankee Hill)

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: Pam Dinneen, Director of Care

(402) 423-5511

pdinneen@southwoodlutheran.org

www.southwoodlutheran.org

Groups are free and open to the public.

Understanding Our Grief

A support group series for adults, offered throughout the year.

Renewed Hope

A group for spouse loss.

3rd Sunday of each month | 11 a.m.



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Tabitha Health Care

4720 Randolph Street

Lincoln, NE 68510

Contact: Jamie Scott, 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

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.

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.

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.



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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

2nd Monday of each month | 6:30-8 p.m.

For individuals who have experienced the suicide death of someone significant in their lives, this group is a *supplement* to Mourning Hope's Family Grief and Young Adult Grief Support Groups. 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.



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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 Cedardahl
(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.

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.



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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.



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