



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.)

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To make additions or changes to this resource guide, please email 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.

1311 South Folsom Street
Lincoln, NE 68522
mourninghope.org
402.488.8989
hope@mourninghope.org

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.

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.

Holiday Hope

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

Mourning in Motion

One-day grief support event for youth to use art as a way of coping and expression.

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

Christ Place

1111 Old Cheney Road
Lincoln, NE 68512
402.421.1111
care@christplace.church

First Evangelical Free Church

3280 South 84th Street
Lincoln, NE 68506
402.483.7635
info@firstfreelincoln.org

First-Plymouth Church

2000 D Street
Lincoln, NE 68502
402.476.7565
addie@firstplymouth.org

Lincoln Berean Church

6400 South 70th Street
Lincoln, NE 68516
402.499.1059

Southwood Lutheran Church

4301 Wilderness Hills Boulevard
Lincoln, NE 68516
402.423.5511
info@southwoodlutheran.org

St. Mark's United Methodist Church

8550 Pioneers Boulevard
Lincoln, NE 68520
402.489.8885
info@stmarks.org

Funeral Homes

Roper and Sons

4300 O Street
Lincoln, NE 68510
402.476.1225
info@roperandsons.com

Hospices

AseraCare Hospice

5715 South 34th Street Suite 100
Lincoln, NE 68516
402.488.1363
nancy.gabelman@amedisys.com

CHI Health at Home Hospice

245 South 84th Street Suite 300
Lincoln, NE 68510
402.219.7043

HoriSun Hospice

2200 South 40th Street Suite 101
Lincoln, NE 68506
402.484.6444
msarafian@horisunhospice.com

Tabitha Health Care

4720 Randolph Street
Lincoln, NE 68510
402.486.8520

Other

Journey Through Living, LLC

Small group seminars and individual consultations.
journeythroughliving.com
402.217.3333
lisa@journeythroughliving.com

Mourning Hope Grief Center

1311 South Folsom Street
Lincoln, NE 68522
mourninghope.org
402.488.8989
hope@mourninghope.org

Death of a Child

B-Buddies

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

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
jolie@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.

Havelock Christian Church
6520 Colfax Avenue
Lincoln, NE 68507
402.676.3670
tcfoflincoln@gmail.com

Connected Forever

Resources, education, and emotional support for families who have experienced pregnancy and infant loss or a NICU stay.

402.617.6071
makaela.parsons@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

Dead Parent Club

podcasts.apple.com/gb/podcast/dead-parent-club/id1436488333

Dougy Center: Grief Out Loud

dougy.org/news-media/podcasts

Grief Cast

cariadlloyd.com/griefcast

Grief Dreams

griefdreams.ca/grief-dreams-podcast

Grief Works

podcasts.apple.com/us/podcast/grief-works/id1218890840

Good Mourning

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/

Monday Mourning

deadparentsclub.rip/podcast

Sisters in Loss

sistersinloss.com/

Swear On My Mother's Grave

podcasts.apple.com/us/podcast/i-swear-on-my-mothers-grave/id1527148191lub.rip/podcast

Talk Dying To Me

talkdyingtome.com/podcast-1

Terrible, Thanks For Asking

ttfa.org

The Death Dialogues Project Podcast

deathdialogues.net/p/the-podcast_2.html

The Grief Gang

podcasts.apple.com/us/podcast/the-grief-gang/id1489821860

The Widowed Parent Podcast

jennylink.com/podcast-main

What's Your Grief Podcast

whatsyourgrief.com/grief-podcast/

Grief Social Media

Instagram

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)

Latinx Grief

[instagram.com/latinxgrief](https://www.instagram.com/latinxgrief)

Modern Loss

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

Notes From Your Therapist

[instagram.com/notesfromyourtherapist](https://www.instagram.com/notesfromyourtherapist)

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)

The Grief Space

[instagram.com/thegriefspace](https://www.instagram.com/thegriefspace)

What's Your Grief

[instagram.com/whatsyourgrief](https://www.instagram.com/whatsyourgrief)

Writing Grief

[instagram.com/writinggrief](https://www.instagram.com/writinggrief)

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
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

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

Hope Heroes

Emmanuel Lutheran Church
806 Beaver Avenue
York, NE 68467
402.362.6575

- Peer support group for children, teens and their adults caregivers.

Great Plains Hospice

601 West Leota Street
North Platte, NE 69101
308.568.7918

- 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
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

Against Grieving in Silence

youtube.com/watch?v=6zIFGI5tPQQ

Beyond Closure

youtube.com/watch?v=w0rCfXSdYPE

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

youtube.com/watch?v=4GDTbtePHUU

How do you Help a Grieving Friend?

youtube.com/watch?v=l2zLCCRT-nE

How to Comfort a Grieving Teen

youtube.com/watch?v=ySeZLAqcnuo

It's Time We Reframe Grief for Children

youtube.com/watch?v=66kgittqUwY

No Child Should Ever Grieve Alone

youtube.com/watch?v=YR9eokO8cFA

Speaking Grief

speakinggrief.org/documentary

The Journey of Grieving, Feeling and Healing

youtube.com/watch?v=Cwdo8_qwjog

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

youtube.com/watch?v=khkJkR-ipfw

What I Wish People Know After My Husband Died

youtube.com/watch?v=JPYHh7Ascrk

Grief Websites and Links

General Grief

Center for Loss and Life Transition
centerforloss.com

Centering Corporation
centering.org

Grief Stories
griefstories.org

Refuge In Grief
refugeingrief.com

Speaking Grief
speakinggrief.org

What's Your Grief
whatsyourgrief.com

Children and Teens

Eluna
elunanetwork.org

National Alliance for Children's Grief
childrengrieve.org

Teenage Grief Sucks
teenagegriefsucks.com

Military

Tragedy Assistance Program for Survivors (TAPS)
taps.org

Parents

A Bed For My Heart
abedformyheart.com

Bereaved Parents of the USA
bereavedparentsusa.org

Grieving Dads
grievingdads.com

No Foot Too Small
nofoottoosmall.org

No Footprint Too Small
nofootprinttoosmall.com

Parents of Murdered Children
pomc.org

SIDS America
sidsamerica.org

Still Standing
stillstandingmag.com

The Compassionate Friends
compassionatefriends.org

Twins

Twinless Twins
twinlesstwins.org

Widows

Hot Young Widows Club
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
- **Online:** ne211.org

Boys Town Hotline

For children, teens and families.

- **Call:** 800.448.3000
- **Text:** VOICE to 20121
- **Email:** hotline@boystown.org
- **Online:** yourlifeyourvoice.org

CenterPointe Crisis Helpline

For youth, adults and families.

- **Call:** 402.475.6695
- **Text:** START to 741741
- **Online:** 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

- **Call:** 800.950.6264
- **Email:** info@nami.org

National Suicide Prevention Lifeline

- **Call:** 800.273.8255

Trans Lifeline Hotline

- **Call:** 877.565.8860

Veterans Crisis Line

- **Call:** 800.273.8255
- **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

Nebraska Humane Society

8929 Fort Street
Omaha, NE 68134
402.444.7800
nehumanesociety.org

Paws To Angels Pet Loss Center

11718 West Dodge Road
Omaha, NE 68154
402.507.0585
pawstoangels.net

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?

Iams Pet Loss Support Hotline

- **Call:** 1.888.332.7738

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

nelossteam@nebraska.edu

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

Ray of Hope

Support, comfort and caring for survivors of suicide loss. Ray of Hope Facebook group also available.

1200 South 40th Street

Lincoln, NE 68510

402.304.8985

rayofhope@earthlink.net

Online Resources

AFSP Nebraska

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

531.389.4481

chorning@afsp.org

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/

HopeLNK

A movement to elevate the conversation about mental health and suicide prevention in Lincoln. Let's move toward this issue by recognizing the difficult realities and facing them head-on with help and hope.

hopelnk.org

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.

suicideprevention.nebraska.edu

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