COMMUNITY GRIEF RESOURCES



GRIEF SUPPORT FOR ALL AGES AND RESOURCES FOR OTHER AREAS IN YOUR LIFE IMPACTED BY LOSS

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.

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

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.

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

Funeral Homes

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

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

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 Tabitha Health Care4720 Randolph StreetLincoln, NE 68510402.486.8520

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

BIPOC Resources (Black, Indigenous and People of Color)

Black Mental Health Alliance

Through an expansive database of culturally competent and patient-centered licensed mental health professionals, BMHA offers confidential referrals for those seeking mental health services. 410.338.2642 info@blackmentalhealth.com blackmentalhealth.com

Call Blackline - Crisis Call/Text Line

BlackLine provides a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. 1.800.604.5841

callblackline.com

Malone

Malone is dedicated to creating unity and prosperity throughout Lincoln while honoring African American heritage. 2032 U Street Lincoln, NE 68503 402.474.1110

malonecenter.org

- Maternal Wellness Program: Access to free healthcare resources and client services during pregnancy and a year+ after childbirth. Breastfeeding and doula support. Email jillian.boldt@malonecenter.org.
- **Project Uplift Legal Services:** Access legal counsel free of charge. Email ishma.valenti@malonecenter.org.
- Malone Health Initiative: Supporting families' physical fitness, nutrition education, mental health and financial wellbeing. Email christina.vermeline@malonecenter.org.
- **Early Achievers Academy:** Providing high-quality early education for low-income families. Email eric.unrau@malonecenter.org.
- Teen Leadership Program: Coaching youth to help them acquire new social skills, emotional regulation skills and cooperative qualities that are relative to business skill sets. Email ishma.valenti@malonecenter.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 (Bereavement, Resources, Infant Loss, Death, Grief,
Encouragement, Support)
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

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

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

connected4ever.org

EMBRACE (Every Moment Brief, Remembered Always, Cherished Eternally)

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/bereavementroom/id1488982564

Dead Parent Club

podcasts.apple.com/gb/podcast/dead-parentclub/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/griefworks/id1218890840

Good Mourning podcasts.apple.com/au/podcast/good-

Sisters in Loss sistersinloss.com/

5151615111055.0011/

Swear On My Mother's Grave

podcasts.apple.com/us/podcast/i-swear-on-mymothers-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-griefgang/id1489821860

The Widowed Parent Podcast

jennylisk.com/podcast-main

mourning/id1529978129

Let's Talk About Death

listennotes.com/podcasts/lets-talk-aboutdeath-with-the-capaul-twins-TJRlwC0QNVK/

Monday Mourning

deadparentsclub.rip/podcast

What's Your Grief Podcast

whatsyourgrief.com/grief-podcast/

Grief Social Media

Instagram

Grief2Hope instagram.com/grief2hope

Grief Kid instagram.com/griefkid

Heal With Christie instagram.com/healwithchristie

Latinx Grief instagram.com/latinxgrief

Modern Loss instagram.com/modernloss

Notes From Your Therapist instagram.com/notesfromyourtherapist

> **Refuge in Grief** instagram.com/refugeingrief

Facebook

A Bed For My Heart facebook.com/ABedForMyHeart

Life With Grief facebook.com/LifeWithGrief

Refuge In Grief facebook.com/refugeingrief

The Empty Chair facebook.com/TheOriginalEmptyChair

> What's Your Grief facebook.com/whatsyourgrief

Speaking Grief instagram.com/wpsugrief

Terrible, Thanks for Asking instagram.com/ttfapodcast

That Good Grief instagram.com/thatgoodgrief

The Grief Space instagram.com/thegriefspace

What's Your Grief instagram.com/whatsyourgrief

Writing Grief instagram.com/writinggrief

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

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.

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

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

Parents

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

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

Dougy Center

dougy.org

Eluna elunanetwork.org

National Alliance for Children's Grief childrengrieve.org

Teenage Grief Sucks teenagegriefsucks.com

stillstandingmag.com

The Compassionate Friends compassionatefriends.org

Twins

Twinless Twins twinlesstwins.org

Widows

Military

Tragedy Assistance Program for Survivors (TAPS) taps.org Hot Young Widows Club hotyoungwidowsclub.com

LGBTQIA+ Resources

Asexuals of Lincoln

A support group for asexuals and aromantics in Nebraska, based out of Lincoln. asexualsoflincoln@gmail.com

LGBTQ+ Book Club

A monthly book group open to all ages and identities.

e.gibson@lincolnlibraries.org Bennett Martin Public Library 136 South 14th Street Lincoln, NE 68508

Lincoln Bi Community

A group for bi, pan, queer, and questioning people. Monthly meetings for coffee and community, plus occasional special events. lincoln.bi.community@gmail.com

PFLAG Lincoln

Monthly meetings with three breakout groups: Trans/Parents/LGB 6300 A Street Lincoln, NE 68510 402.219.3923 pflaglincoln.org

TransLife

A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

translife.org/resources/

 Hotline: 877.565.8860 for support finding local resources. They source trans-verified, trans-led and BIPOCled or centered resources where possible.

The Trevor Project Trevor Support Center, a place where LGBTQ youth and their allies can find answers to frequently asked question

Lincoln Police Department LGBT Liaison

Captain Jeri Roeder 575 South 10th Street Lincoln, NE 68508 402.441.7284 Ipd667@cjis.lincoln.ne.gov

OutNebraska

A nonprofit advocating, celebrating and educating to improve the lives of LGBTQ+ people. 211 North 14th Street Lincoln, NE 68508 402.488.1130 outnebraska.org LGBTQ youth and their allies can find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more. thetrevorproject.org/resources

- TrevorLifeline: 1.866.488.7386
- **TrevorChat**: Confidential online instant messaging with a Trevor Counselor, available 24/7.
- **TrevorText:** Text START to 678-678

Local Community Centers

Asian Community and Cultural Center

144 North 44th Street Suite A Lincoln, NE 68503 402.477.3446 lincolnasiancenter.org

El Centro De Las Americas

210 O Street Lincoln, NE 68508 402.474.3950 elcentrone.org

Good Neighbor Community Center

2617 Y Street Lincoln, NE 68503 402.477.4173 gncclincoln.org

Indian Center

1100 Military Road Lincoln, NE 68508 402.802.3167 indiancenterinc.org

Malone

2032 U Street Lincoln, NE 68503 402.474.1110 malonecenter.org

Local Food Resources

Center for People In Need

3901 North 27th Street Lincoln, NE 68521 402.476.4357 cfpin.org

Food Bank of Lincoln

4840 Doris Bair Circle Suite A Lincoln, NE 68504 402.466.8170 lincolnfoodbank.org

Food Fort

2124 Y Street Flat 130 Lincoln, NE 68503 402.540.4445 lincolnfoodfort.com

Little Free Pantries

More than 35 locations throughout the city. facebook.com/LittleFreePantriesLNK

LNK Freedges

A few locations throughout the city with more planned. facebook.com/lnkfreedges

Southeast Community College Pantry - Education Square

1111 O Street Lincoln, NE 68508 402.437.2678 southeast.edu/studentsuccess

Southeast Community College

FoodNet

7921 Sandalwood Drive Lincoln, NE 68510 402.416.6197 foodnetlincoln.org

Lincoln Public Schools Emergency Pantry

Bryan Community School 300 South 48th Street Lincoln, NE 68510 402.436.1000 lps.org

Pantry - Lincoln Campus

8800 O Street Lincoln, NE 68520 402.437.2678 southeast.edu/studentsuccess

The Gathering Place

1448 E Street Lincoln, NE 68508 402.476.7398 communityactionnetwork.org

Local Legal Assistance

ACLU of Nebraska

134 South 13th Street Suite 1010 Lincoln, NE 68508 855.557.2258 aclunebraska.org

Center For Legal Immigration Assistance

3047 North 70th Street Lincoln, NE 68507 402.471.1777 clianeb.org

Immigrant Legal Center

4223 Center Street Omaha, NE 68105 402.898.1349 immigrantlc.org

Legal Aid of Nebraska

941 O Street Suite 325 Lincoln, NE 68508 877.250.2016 legalaidofnebraska.org

Lincoln Commission on Human Rights

555 South 10th Street Lincoln, NE 68508 402.441.7624 lincoln.ne.gov/City/Departments/City-Attorneys-Office/LCHR

Hotlines

Local

National

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

Boys Town National Hotline

• Call: 800.448.3000

Crisis Text Line

• **Text:** HOME to 741741

NAMI Helpine

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

National Suicide Prevention Lifeline

• Call: 800.273.8255

Trans Lifeline Hotline

- Call: 877.565.8860
- **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

Veterans Crisis Line

- Call: 800.273.8255
- **Text:** 838255

Pet Death Resources

Support Groups

Books

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 **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

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

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

Substance Use Resources

Associates In Counseling and Treatment (ACT)

Substance use evaluations and other services. Low-income funding available for evaluations for Southeast Nebraska residents. Medicaid funding for evaluations and outpatient treatment. 600 North Cotner Boulevard Lincoln, NE 68505 402.261.6667 information@actnebraska.org

Bryan Independence Center

Youth and adult treatment for all genders. 1640 Lake Street Lincoln, NE 68502 402.481.5268 bryanhealth.com/services/alcohol-drugtreatment/

CenterPointe

Co-occurring treatment and other services for all genders.

Lutheran Family Services

Outpatient assessments, referrals, outpatient treatment and family support education. 402.441.7940 Ifsneb.org

Parents of Addicted Loved Ones (PALS)

Support for parents and families (ages 18+) of addicted loved ones. 5001 South 1st Street Lincoln, NE 68512 480.300.4712 brenda.moes@doane.edu palgroup.org

St. Monica's

Trauma-informed services for women including residential treatment, outpatient therapy, community support and training. 120 Wedgewood Drive Lincoln, NE 68510 402.441.3768

1000 South 13th Street Lincoln, NE 68508 402.475.8748 centerpointe.org

Lincoln Alcoholics Anonymous (AA)

A fellowship of those who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from alcoholism. 2748 S Street Suite AA Lincoln, NE 68503 402.438.5214 lincaa.org

Lincoln Narcotics Anonymous (NA)

A fellowship of those for whom drugs have/had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. P.O. Box 80902 Lincoln, NE 68501 402.474.0405 sena-na.net stmonicas.com

The Bridge Behavioral Health

Residential and outpatient treatment for men, and detox and recovery support services for all. 721 K Street Lincoln, NE 68508 402.477.3951 thebridgenebraska.org

TouchStone

Short-term residential treatment for all genders ages 19+. 2633 P Street Lincoln, NE 68503 402.474.4343 touchstonelincoln.org

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

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-mentalhealth/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

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

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