

## ***For Grieving Youth and Their Caregivers***

### **Mourning Hope Grief Center**

4919 Baldwin Avenue

Lincoln, NE 68504

Contact: Caitlin Mason, Program Director  
(402) 488-8989

[hope@mourninghope.org](mailto:hope@mourninghope.org)

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

### **10-Week Family Grief Series**

Mondays, Tuesdays or Thursdays | 6:30-8 p.m.

For families with youth ages 5 through 18 who have experienced the death of someone significant in their lives. Children, teens and their caregivers come to Mourning Hope following the death of a sibling, parent, grandparent, or friend. This group is offered free of charge.

### **Camp Erin**

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**

For young adults, ages 18-30(ish), who have experienced the death of someone significant in their lives. No charge to participants, but registration is appreciated.

### **“Bits of Hope” 4-Week Family Grief Series**

Wednesdays in June | 6:30 – 8 p.m.

Abbreviated version of the 10-week session, offered at no charge to participants.

### **Holiday Hope**

Local artists work with youth while adults meet separately to learn how to navigate the holiday season. Free for participants, and open to all bereaved adults in the community.

### **Art From Our Heart** (June and July)

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-needed” basis.

### **Grief’s Journey**

7811 Farnam Drive

Omaha, NE 68114

Contact: Cathy Fox, Director of Operations  
(402) 502-2773

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

[www.griefsjourney.org](http://www.griefsjourney.org)

Support groups for children (ages 3-18 years) and their families.



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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 70<sup>th</sup> 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](mailto: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 70<sup>th</sup> 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](mailto:ejacobs-fitzgerald@stez.org)

This program is a perinatal palliative care and hospice program for families whose unborn baby has been diagnosed with a potential life-limiting condition. A nurse navigator meets with the family soon after the diagnosis. Ongoing communication continues throughout the pregnancy providing information and support for birth-care planning.

### **H.O.P.E. (Helping Other Parents Endure)**

BryanLGH East Medical Plaza  
1500 South 48<sup>th</sup> Street  
Lincoln, NE 68506

Contact: Sharon Duffy

[roccandlelighting@gmail.com](mailto:roccandlelighting@gmail.com)  
[www.rememberingourchildren.org](http://www.rememberingourchildren.org)

1<sup>st</sup> 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.

### **The Compassionate Friends of Lincoln**

Meet at 4919 Baldwin Avenue  
Lincoln, NE 68504

[tcflincoln@gmail.com](mailto:tcflincoln@gmail.com)  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

3<sup>rd</sup> 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.



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## **Connected Forever**

P.O. Box 21961  
Lincoln, NE 68542  
Contact: Makaela Parsons, Bereavement  
Coordinator  
(402) 617-6071

[makaela.parsons@connected4ever.org](mailto:makaela.parsons@connected4ever.org)  
[www.connected4ever.org](http://www.connected4ever.org)

Supporting families who have experienced  
pre-term birth or infant loss.

## **HEALing Embrace**

PO Box 540021  
Omaha, NE 68154  
Contact: Jennifer Sommer  
(402) 819-4002

[jennifer@healingembrace.org](mailto:jennifer@healingembrace.org)  
[www.healingembrace.org](http://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. We are committed to  
Helping Everyone After Loss.

## **No Footprint Too Small**

4740 A Street, Suite 200  
Lincoln, NE 68510  
(712) 574-0478  
[info@nofootprinttoosmall.com](mailto:info@nofootprinttoosmall.com)  
[www.nofootprinttoosmall.com](http://www.nofootprinttoosmall.com)

No Footprint Too Small is a 501(c) (3)

nonprofit organization located in Lincoln,  
Nebraska. Our mission is to provide  
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](http://www.lincolndiocese.org)

Healing Hearts, a Christ-centered grief support  
program, provides an educational series of 6  
sessions twice a year. The Healing Hearts Grief  
Outreach Program extends to those families  
who have lost a child through miscarriage,  
stillbirth, neonatal death or SIDS, providing  
one-on-one support.

## ***For Adults – General Support***

### **GriefShare**

First Evangelical Free Church  
3300 S. 84<sup>th</sup> Street  
Lincoln, NE 68506  
(402) 483-7635

[www.firstfreelincn.org](http://www.firstfreelincn.org)

The church forms new groups in January and  
mid-August.



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## **GriefShare**

Lincoln Berean Church  
6400 South 70<sup>th</sup> Street  
Lincoln, NE 68516

Contact: Dave or Chris  
(402) 483-6512 call  
(402) 499-1059 text

[www.lincolnberean.org](http://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](http://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 40<sup>th</sup> Street, Suite 101  
Lincoln, NE 68506

Contact: Lani Glaser  
(402) 484-6444

[lgaser@horisunhospice.com](mailto:lgaser@horisunhospice.com)

[www.horisunhospice.com](http://www.horisunhospice.com)

6-week grief support group sessions in April and September. Open to the public.

## **Journey Through Living, LLC**

Contact: Lisa Borchardt, LCSW  
(402) 217-3333

[lisa@journeythroughliving.com](mailto:lisa@journeythroughliving.com)

[www.journeythroughliving.com](http://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.

## **CHI Health at Home Hospice**

CHI – St. Elizabeth  
245 South 84<sup>th</sup> St, Suite 300  
Lincoln, NE 68510

Contact: Rachel Hartley  
(402) 219-7750

[Rachel.Hartley@chihealthathome.com](mailto:Rachel.Hartley@chihealthathome.com)

6-week series in March/April designed for any adult who has experienced loss.

## **Coffee and Coping**

The Mill at College View  
4736 Prescott Avenue  
Lincoln, NE 68506

Every Wednesday | 9:30-10:30 a.m.

Drop-in support designed to supplement time between regular groups.



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## **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](mailto:info@roperandsons.com)  
[www.roperandsons.com](http://www.roperandsons.com)

Groups are free and open to the public.

### **Guided Group**

For those grieving losses at any time.  
1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month | 2-3:30 p.m.

### **Structured Group**

For those who have lost someone in the past 18 months.  
2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month | 2-3:30 p.m.

### **Art with Anna**

For losses of any kind.  
2<sup>nd</sup> Sunday of each month | 2-3:30 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](http://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 repeatedly presented 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](mailto:pdinneen@southwoodlutheran.org)  
[www.southwoodlutheran.org](http://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.  
3<sup>rd</sup> Sunday of each month | 11 a.m.

## **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.



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## **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**

2<sup>nd</sup> 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  
Contact: Martin Weber, Bereavement Coordinator  
(402) 474-0020  
[info@cchnet.net](mailto:info@cchnet.net)  
[www.pathwayshospice.net](http://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](mailto:phyllis.arth@gmail.com)  
[www.firstplymouth.org](http://www.firstplymouth.org)  
This group meets monthly to provide support and camaraderie to women in our community 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](http://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.



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## **Ray of Hope**

Our Savior Lutheran Church  
1200 South 40<sup>th</sup> Street  
Lincoln, NE 68510  
Contact: Mary Schmuck  
(402) 560-1684  
(402) 483-2146 church office  
[www.osllincoln.org](http://www.osllincoln.org)  
1<sup>st</sup> and 3<sup>rd</sup> Monday of each month | 7 p.m.  
For survivors of suicide.

## **Motherless Daughters Grief Class**

Christ Lutheran Church  
4325 Sumner Street  
Lincoln, NE 68506  
Contact: Ashley Erks  
(402) 483-7774  
[aerks@christlutheranchurch.org](mailto:aerks@christlutheranchurch.org)  
Thursdays | 6-8 p.m.  
6-week class each fall.

## **Nebraska Survivor Outreach Services**

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

## **University of Nebraska – Women's Center Counseling**

(402) 472-9428  
[wccounseling@unl.edu](mailto:wccounseling@unl.edu)  
Free, unlimited, confidential. Open to all  
genders. Reserved for UNL students, faculty  
and staff.



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