

For Grieving Youth and Their Caregivers

Mourning Hope Grief Center

4919 Baldwin Avenue
Lincoln, NE 68504
Contact: Alyssa Christensen, Grief Support
Director
(402) 488-8989
achristensen@mourninghope.org
mourninghope.org

Family Grief Support Group

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 25-27, 2020
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

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.

Holiday Hope

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

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

For families and individuals who have experienced the suicide death of someone significant in their lives.



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For Parents Grieving the Death of a Child

The Compassionate Friends of Lincoln

Havelock Christian Church
6520 Colfax Avenue
Lincoln, NE 68507
(402) 676-3670

tcfoflincoln@gmail.com

compassionatefriends.org

3rd Monday of each month | 7-9 p.m.

If you have suffered the loss of a child, grandchild or sibling, help is here to provide friendship, understanding and hope.

Connected Forever

P.O. Box 21961

Lincoln, NE 68542

Contact: Makaela Parsons, Bereavement
Coordinator
(402) 617-6071

makaela.parsons@connected4ever.org

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.

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)

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Contact: Elizabeth Jacobs-Fitzgerald, BSN,
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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.



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No Footprint Too Small

4740 A Street, Suite 200

Lincoln, NE 68510

(712) 574-0478

info@nofootprinttoosmall.com

nofootprinttoosmall.com

Provides comprehensive perinatal support to mothers, fathers and families who are affected by pregnancy and/or infant loss.

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.

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

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.

For Adults – General Support

Mourning Hope Grief Center

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Contact: Pam Dinneen, Clinical Operations Director

(402) 488-8989

pdinneen@mourninghope.org

mourninghope.org

8-week grief support group for adults (30s and up.) Learn about your own unique journey through grief, and feel support from others having similar experiences. Free to attend.

GriefShare

First Evangelical Free Church

3300 S. 84th Street

Lincoln, NE 68506

(402) 483-7635

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

lincolnberean.org

14-week small group session offered at various times throughout the year.



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GriefShare

Christ's Place
1111 Old Cheney Road
Lincoln, NE 68512
Contact: Pastor Nathan Kroll
(402) 421-1111

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
horisunhospice.com

"Walk and Talk" drop-in grief support group meets from 10-11:30 a.m. at Parking Lot #1 at Holmes Lake every Tuesday from April 14-November 10. Please email or call Michelle for information.

SouthPointe Christian Church Grief Support

7010 Helen Witt Drive
Lincoln, NE 68512
(402) 420-2750
office@southpointecc.org
southpointecc.org

Groups are offered in the spring and fall.
Register via email.

First-Plymouth Church

2000 D Street
Lincoln, NE 68502
(402) 476-7565
addie@firstplymouth.org

Support groups offered throughout the year.

Journey Through Living, LLC

Contact: Lisa Borchardt, LCSW
(402) 217-3333
lisa@journeythroughliving.com
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.

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
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.



CHI Health at Home Hospice

245 South 84th St, Suite 300

Lincoln, NE 68510

Contact: Sara Weber

(402) 219-7750

sara.weber@chihealthathome.com

Two 6-week series in Spring/Fall designed for any adult who has experienced death loss.

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.

Roper and Sons Grief Services

(402) 476-1225

info@roperandsons.com

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 disorder or overdose.

3rd Sunday of each month | 3-4 p.m.



For Adults – Specialized Support

Southwood Lutheran Grief Support

4301 Wilderness Hills Blvd
Lincoln, NE 68516
Contact: Mary Senne, Director of Care
(402) 423-5511

msenne@southwoodlutheran.org
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.

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.

Expressing our Grief

3-week series for adults offered in 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
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

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: Katrena

(402) 304-8985

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.



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Community Grief Resources

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

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Director
(402) 488-8989
achristensen@mourninghope.org
mourninghope.org

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.



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Other Resources

Be Remembered

Contact: Kerri Denell, MSW, Legacy Navigator
(402) 802-8287

kerri@beremembered.biz

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

(402) 477-0204

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

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 and adults.

Grief's Journey

7811 Farnam Drive

Omaha, NE 68114

(402) 502-2773

info@griefsjourney.org

griefsjourney.org

Support groups for children and adults.

Great Plains Hospice

601 W Leota Street

North Platte, NE 69101

Contact: Renee Callaghan

(308) 568-7918

callaghanr@gphealth.org

Footsteps Grief Camp

Saturday | June 6, 2020 | 8:30 a.m.-4:30 p.m.

A day-long camp for children and teens, along with their guardian, who have experienced a death. Free to all campers. Breakfast, lunch, snacks, activity supplies and t-shirts provided.

"Walking Through Grief" Support Group

Offered twice per year for adults. Open to the public and provided at no cost.



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