



COMMUNITY GRIEF RESOURCES

GRIEF SUPPORT FOR ALL AGES



COMPILED 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 is not one way to grieve. That is 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 a range of ages, these diverse programs include:

Family Grief Support Groups

For children, teens and their adult caregivers.

Young Adult Grief Support Groups

Designed for individuals spanning the transitional period between late teens and twenties.

Adult Grief Support Groups

For adults who have experienced the death of someone significant in their lives.

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.

Family Camp

A free, overnight bereavement camp to support families who have experienced the death of someone significant in their lives. Families explore their grief, learn coping skills and make connections with other families through camp activities.

Holiday Hope

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

Art from Our Heart

One-day grief support event for youth to express their thoughts and emotions through art.

Mourning Hope Grief Center

1311 South Folsom Street

Lincoln, NE 68522

402.488.8989

hope@mourninghope.org

mourninghope.org

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
402.483.7774
contact@christlincoln.org

Christ Place

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

First Evangelical Free Church

Fall & spring GriefShare groups.
3280 South 84th Street
Lincoln, NE 68506
402.483.7635
info@firstfreelincoln.org
firstfreelincoln.org/care

First-Plymouth Church

Monthly and weekly grief support groups.
2000 D Street
Lincoln, NE 68502
402.476.7565
kj@firstplymouth.org
firstplymouth.org/griefsupport

Lincoln Berean Church

6400 South 70th Street
Lincoln, NE 68516
402.483.6512
hello@lincolnberean.org

Southwood Lutheran Church

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

St. Mark's United Methodist Church

*Weekly GriefShare programs 2-3 times per year.
Men's grief support group on 1st and 3rd
Wednesdays. Surviving the holidays class.*
Contact Pastor Art
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
rebecca@roperandsons.com

Additional Location:

3950 Hohensee Dr
402.261.5907

Hospices

AseraCare Hospice

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

CHI Health at Home Hospice

Monthly and biweekly grief support groups.
245 South 84th Street Suite 300
Lincoln, NE 68510
402.219.7750
erin.bunker@commonspirit.org

HoriSun Hospice

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

Tabitha Health Care

*Weekly men's and women's grief support groups
and monthly online grief support group.*
4720 Randolph Street
Lincoln, NE 68510
402.486.8520
<https://tabitha.org/care-services/hospice/support-groups>

Death of a Child

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

Elizabeth Jacobs-Fitzgerald, BSN, RNC-OB

402.219.7065

ejacobs-fitzgerald@stez.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

Sandy Danek, Coordinator of Grief

Outreach

402.890.0936

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

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.

Meets on 3rd Tuesdays, 7:00-8:30 p.m. at

Rock 'n' Joe Coffee

5025 Lindberg St.

Lincoln, NE 68516

402.676.3670

tcfoflincoln@gmail.com

compassionatefriends.org

Connected Forever

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

P.O. Box 21961

Lincoln, NE 68542

info@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 and providing information for birth-care planning.

CHI Health - St. Elizabeth

555 South 70th Street

Lincoln, NE 68510

402.219.7065

Grief Podcasts

All There Is with Anderson Cooper

podcasts.apple.com/us/podcast/all-there-is-with-anderson-cooper/id1643163707

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

Give Grief a Chance

givegriefachance.com/grief-podcast.html

Good Mourning

podcasts.apple.com/au/podcast/good-mourning/id1529978129

Grief Cast

cariadlloyd.com/griefcast

Grief Dreams

griefdreams.ca/grief-dreams-podcast

Grief Works

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

Let's Talk About Death

listennotes.com/podcasts/lets-talk-about-death-with-the-capaul-twins-TJRlwC0QNvK

Monday Mourning

deadparentsclub.rip/podcast

Sisterhood Through Grief

podcasts.apple.com/us/podcast/sisterhood-through-grief/id1565231497

Sisters in Loss

sistersinloss.com

Swear On My Mother's Grave

podcasts.apple.com/us/podcast/i-swear-on-my-mothers-grave/id1527148191

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 Coach

podcasts.apple.com/us/podcast/the-grief-coach/id1490269718

The Grief Gang

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

The One Sure Thing

podcasts.apple.com/us/podcast/the-one-sure-thing/id1661188524

The Widowed Parent Podcast

jennylisk.com/podcast-main

What's Your Grief Podcast

whatsyourgrief.com/grief-podcast

Grief Social Media

Instagram

Mourning Hope Grief Center

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

Brown Girl Grieving

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

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)

Modern Loss

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

Notes From Your Therapist

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

Option B - Navigating Loss & Hardship

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

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 Project

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

What's Your Grief

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

Facebook

Mourning Hope Grief Center

[facebook.com/MourningHopeGriefCenter](https://www.facebook.com/MourningHopeGriefCenter)

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 (English)
402.507.0190 (Spanish)
info@thecollectiveforhope.org
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
childrensnebraska.org/department/palliative-care

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

Great Plains Hospice

601 West Leota Street
North Platte, NE 69101
308.568.7434

- 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
info@heartfeltseward.org
heartfeltseward.org

- Heartfelt Connections newsletter.
- Children's Memorial bricks located at 115 Hillcrest Drive in Seward.

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

Mourning Hope Grief Center
mourninghope.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
nacg.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

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

M-F 10am-10pm

- **Call:** 800.950.6264
- **Text:** 62640
- **Email:** helpline@nami.org

Suicide and Crisis Lifeline

- **Call:** 988

Trans Lifeline Hotline

- **Call:** 877.565.8860

Veterans Crisis Line

- **Call:** 988, then press 1
- **Text:** 838255

Pet Death Resources

Support Groups

Hamilton's Academy of Grief & Loss

3601 Westown Parkway
West Des Moines, IA
515.697.3666
HFHAcademy@HamiltonsFuneralHome.com
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
facebook.com/pawstoangels

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

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

nebraskaloss.org

facebook.com/lincolnLOSSteam

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. 1st and 3rd Mondays at 7:00 p.m.

1200 South 40th Street

Lincoln, NE 68510

402.483.2146

Online Resources

AFSP Nebraska

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

941.724.0498

gmanley@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/

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.

nsspc.org

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

facebook.com/NEprevention