

Omaha/Council Bluffs Area Grief Support Groups & Community Bereavement Resources

Please call Renita Jensen at: (402) 354-3333 or email to: renita.jensen@nmhs.org with any changes or additions.

Who	Name of Group	Where	Sponsor	Contact	Notes
Widows and Widowers (1 year + after death)	Beginning Experience Weekend beginningexperienceofomaha.org	Call for location	Family Life Office, Diocese of Omaha www.archiomaha.com (402) 558-3100	Kay Buhrman @ (402) 557-5514	Week-end Support group for those who have gone through the initial stages of grief. \$100 for room & board
Widowed , Separated and Divorced Persons	Coping With Life Alone	Call for Location	Family Life Office, Diocese of Omaha www.archomaha.com (402) 558-3100	Kay Buhrman @ (402) 557-5514 www.wdsofomaha.com	6 Week program -offered 4 times yearly -(7-9 pm), day tbd \$25 fee (scholarships available)
Adult whose family member or friend has died	After Care Grief Support Group www.Heafey.Heafey.com	Crown Pointe Retirement Center 2820 S. 80th Street, Omaha, NE	Heafey-Heafey-Hoffman-Dworak-Cutler Funeral Chapel	Sharon Zehnder @ (402) 391-3900	2nd Sunday of each month @ 6PM Times may change so call to verify or check website - (aftercare links)
Adults	Gentle Support Group	Bellevue Chapel 3402 Samson Way	John A. Gentlemen Mortuary	Bob May @ (402) 391-1664	Tuesdays @ 2-3:15 pm 6 week sessions. Free
Adults	Gentle Support Group	72nd and Western Omaha, NE	John A. Gentlemen Mortuary	Bob May @ (402) 391-1664	Wednesdays @ 2-3:15pm – 6 week sessions. Free
Adults	Gentle Support Group	John A Gentleman Mortuary 14151 Pacific Street, Omaha	John A Gentlemen Mortuary	Bob May @ (402) 391-1664	Thursdays @ 6:30-7:45pm – 6 week session. Free
Adults	Grief Support	Braman Mortuary 6505 144 th Street Omaha, NE	Braman Mortuary	Rachel or Karen @ 402-895-3400	4 th Tuesday of each month from 1:30PM-3PM. Free
Adults	HEAL: Helping Each other After Loss	Mable Rose Estates Assisted Living 4609 Hilltop St. Papillion, NE 68133	Hillcrest Hospice Care	Jea Thies 402-934-2282	2nd and 4th Mondays 11:30 a.m.-1:30 p.m. Free and lunch is provided.

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4-6 months after loss	Surviving Bereavement: Life Continues	Cancer Center, Immanuel Hospital 6901 N. 72 nd Street Omaha, NE	Alegent Health	Linda Dempsey , Certified Thanatologist @ (402) 572-2933	3x yearly (Jan, May, and Sept) 4 wk series Thurs 6-7:30 pm, closed group,\$20 for journal/materials
Those grieving a loss	Grief Share www.griefshare.org	Calvary Christian Church 10100 Cedar Island Rd Bellevue, NE	Calvary Christian Church	Kelly Younker @ 402-296-9298 Pastor Andy Turner @ 402-293-1700	Thursdays @ 6:30 – 8:00 pm.
Those grieving a loss	Grief Share www.griefshare.org	Celebration Covenant Church 16868 Giles Road Omaha, NE	Celebration Covenant Church	Heidi Gaube @ 402-891- 7106	Wednesdays @ 7 pm 14 week series, open group, childcare provided (call ahead) \$20 for materials
Those grieving a loss	Grief Share www.griefshare.org	LifeSpring Church 13904 S. 36 th St. Omaha, NE	LifeSpring Church	Pastor Steve Hicks @ 402-292-4546	Mondays @ 7 pm
Those grieving a loss	Grief Share www.griefshare.org	LifeGate Church 15555 West Dodge Rd Omaha, NE	LifeGate Church	Robyn Williams @ 402- 330-5724 ext. 3354	Thursdays @ 6:30 pm
Those grieving a loss	Grief Share www.griefshare.org	Faith Presbyterian Church 8100 Giles Road Papillion, NE	Faith Presbyterian Church	Pastor Mark Miller @ 402-331-6944	Tuesdays @ 7:30 pm
Those grieving a loss (child care available)	Grief Share www.griefshare.org	Christ Community Church 404 S. 108 th Avenue Omaha, NE	Christ Community Church	Dr. Wendell Nelson 402-330-3360	Wednesdays @ 6:30-8 pm.
Those grieving a loss	Grief Share www.griefshare.org	Faith-Westwood United Methodist Church 4814 Oaks Lane Omaha, NE	Faith Westwood United Methodist Church and St. Paul Lutheran Church	Vikki O'Hara @ 402- 650-9489	Tuesdays @ 6:30 pm
Those grieving a loss	Grief Share www.griefshare.org	Good Shepherd Church 11204 S 204 th St. Gretna, NE	Good Shepherd Church	Joan Rogers @ 402-332- 3991	Sundays @ 3:30 pm

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Those grieving a loss	Grief Share www.griefshare.org	Salem United Methodist 14955 Somerset Ave. Council Bluffs, IA	Salem United Methodist Church	Nancy Hildreth @ 712-366-1408	Sundays @ 3 pm
Those grieving a loss	Grief Share www.griefshare.org	St. Andrew's United Methodist Church 15050 W. Maple Road Omaha, NE	St. Andrew's United Methodist Church	Dianna Faust @ (402) 431-8560, x 31	Call for schedule Usually Monday evenings, 7-8:30, fall and winter
Social group for post grievers	THEOS (They Help Each Other Spiritually) This is a non-denominational group	Presbyterian Church of the Cross 1517 S. 114th Street Omaha, NE	Presbyterian Church of the Cross	Dorothy Hadley @ (402) 393-3052 Mary Janca @ (402) 393-3052	2nd Monday of each month at 6:00pm. More social activities than grief. Wait one year.
Children ages 5-12 who are adjusting to death or divorce of a parent	Who Am I Now? Conducted collaboratively w/ parent group (Coping with Life Alone)	Call for Location	Family Life Office, Diocese of Omaha www.archomaha.com	Call Kay Buhrman for more information @ (402) 557-5514	6 week coping program held in the summer 7- 9 pm (begins in June). Open to all denominations.
Grieving children, teens (age 4-19), and their parents, and young adults 18-30 years old	Ted E. Bear Hollow Support Groups www.tedebearhollow.org	Ted E. Bear Hollow 7811 Farnam Dr. Omaha, NE 68114	Ted E. Bear Hollow, A Center for Grieving Children	Karen Galvin @ (402) 502-2773 Cathy Fox- program director	Grieving children, teens and their parents.
Grieving children & teens (age 4-19) and their parents.	Ted E. Bear Hollow Day Camps- www.tedebearhollow.org	Ted E. Bear Hollow 7811 Farnam Dr. Omaha, NE 68114	Ted E. Bear Hollow, A Center for Grieving Children	Karen Galvin @ (402) 502-2773 Cathy Fox- program director	Grieving children, teens and their parents. Weekend day camps
Teens	Ted E. Bear Hollow Camp Hope www.tedebearhollow.org	Ted E. Bear Hollow 7811 Farnam Dr. Omaha, NE 68114	Ted E. Bear Hollow, A Center for Grieving Children	Karen Galvin @ (402) 502-2773 Cathy Fox- program director	Retreat for grieving teens. May and November
Grieving children & teens (age 4-19) and their parents.	Ted E. Bear Hollow Tinsel & Tears www.tedebearhollow.org	Ted E. Bear Hollow 7811 Farnam Dr. Omaha, NE 68114	Ted E. Bear Hollow, A Center for Grieving Children	Karen Galvin @ (402) 502-2773 Cathy Fox- program director	Afternoon Day Camp Fall

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Children of Parent with Cancer, age 5-12 (non bereavement)	Just for Kids	Immanuel	Alegent Health	Peggy Shepherd (402)572-3378	1 st and 3 rd Tuesday monthly, 5:15-6:30 pm. Call ahead required. Free.
Relative over 18 who has lost a child of any age	The Compassionate Friends www.tcfomaha.org	New Cassel Retirement Center 900 N. 90th Street Auditorium Entrance	Compassionate Friends	Call (402) 571-4011 for more information or go to: www.tcfomaha.org mail@tcfomaha.org	1st Thursday of each month @ 7pm-9pm Free (Donations Accepted) Worldwide Candle Lighting 2 nd Sunday in December.
Relative over 18 who has lost a child of any age	The Compassionate Friends: www.tcfomaha.org	Fremont Area Medical Center Park Plaza, 3 rd Floor, Room 5, 450 E. 23 rd St. Lincoln location as well	Compassionate Friends	Call (402) 571-4011 for more information or go to: www.tcfomaha.org mail@tcfomaha.org	2 nd Thursday of each month @ 7-9pm Lincoln group held 3 rd Thursday each month.
Families who have experienced loss of a baby during pregnancy, at birth or shortly after.	Open Arms	Bergan Mercy Medical Center, Professional Center, Room C, 2 nd floor, 7500 Mercy Road, Omaha.	Alegent Health	Call Kit Billings @ (402) 343-8527 or Heather Myers @ (402) 398-5564	Meets 1 st Wednesday of every month @ 7pm. Please call before attending.
Miscarriage, Stillbirth or Neonatal Death	SHARE	Private Residence: 621 Arnold Street Council Bluffs, IA	SHARE	Peggy Golden @ (712)-322-4464 Lay facilitators	Call for support
Adults affected by babies who have been shaken (death or handicapped)	Progressions www.nebraskasidsfoundation.org	Sites rotates. Call for location	NE SIDS Foundation	Michelle Skillings & Angie Petersen (402) 935-1911	Monthly
Loss Due to Suicide	SOS: Survivors of Suicide	Call before attending for time and location.	First Christian Church 66th and Dodge	Fred Henninger @ (402) 830-0437 sos.omaha@yahoo.com	3rd Tuesday @ 7:30pm – Please call before attending.

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Parents grieving child's suicide	P.O.S.T. (Parents of Suicide Together)	Varies, call for information	P.O.S.T.	Laraine Peck @ (402) 496-0309 or lpeck@tconl.com	Ladies Lunch – Last Saturday of every month @ 12:30p
Parents grieving child's suicide	P.O.S.T. (Parents of Suicide Together)	St. Andrews Episcopal Church 84th & Pacific Omaha, NE	P.O.S.T.	Laraine Peck @ (402) 496-0309 or lpeck@tconl.com	2nd Tuesday @ 7pm
Pet Loss	Pet Loss Workshop	Humane Society 8929 Fort Street Omaha, NE 68134	Humane Society	Kerri Ecklebe (Director of Education, Humane Society) @ 444-7800, Ext. 214 KEcklebe@nehumanesociety.org	10:30-11:30am, 1st Saturday of month. except holiday weekends when it's the following Saturday Free
Books available for all kinds of general and specialized grieving	Centering Corporation www.centering.org	Centering Corporation 7230 Maple Street Omaha, NE 68134	Centering Corporation	(402) 553-1200 9-4p, M-F	Non Profit Grief Resource Center