

Support Groups In The Omaha/Council Bluffs Area

For Additional Information Contact sandra.paasch@nmhs.org at (402) 354-3333

<u>For</u>	<u>Name of Group</u>	<u>Location</u>	<u>Sponsor</u>	<u>Contact</u>	<u>Notes</u>
Adult Whose Family Member or Friend Has Died	After Care Grief Support Group	Crown Point Retirement Center 2820 S 80th Street	Heafey-Heafey-Hoffman-Dworak-Cutler Funeral Home	Sharon Zehnder 402-391-3900	2nd Sunday of each month @ 6PM Times may change so call to verify
Widows and widowers only	After Care Grief Support Group for widows and widowers	Lunch meeting at Venice Inn 6920 Pacific Street Omaha, NE	Heafey-Heafey-Hoffman-Dworak-Cutler Funeral Home	Sharon Zehnder 402-391-3900	Wednesdays @ 11:30 AM
Adults	After Care Grief	The Center 714 S. Main Street Council Bluffs, IA	Cutler-O'Neill-Meyer-Woodring Funeral Chapel	Rev. Dick Sladky @ 712-322-7779	2nd and 4th Thursdays, 4:30-6 PM
Adults	6 Week Bereavement Support Group	St. Andrews Episcopal Church 925 S. 84th St. Omaha, NE	Methodist, Alegent and VNA Hospices	Sandy @ Methodist 402-354-3200; Jayne @ VNA 402-930-4261; or Peggy @ Alegent 402-898-8150	6 week sessions in the fall and spring. Pre-registration required. Please call for dates and times.
Adults	Gentle Support Group	72nd and Western, Omaha, NE	John A. Gentlemen Mortuary	Rosemary Brownrigg @ 402-391-1664	Wednesdays @ 2-3:15 pm. 6 week sessions. Free.
Adults	Gentle Support Group	14151 Pacific St. Omaha, NE John A Gentleman Mortuary	John A. Gentlemen Mortuary	Rosemary Brownrigg @ 402-391-1664	Thursdays @ 6:30-8:15 PM. 6 week sessions. Free.
Adults	Grief Support	Braman Mortuary 6505 144th St. Omaha, NE	Braman Mortuary	Jane Dugan @ 402-720-6435	Last Tuesday of each month from 1:30 PM-3PM
	Heal: Healing Each Other After Loss	Mable Rose Estates Assisted Living 4609 Hilltop St. Papillion, NE 68133	Hillcrest Hospice Care	Debi Pittock 402-934-2282	2nd & 4th Mondays 11:30 am - 1:30 pm. Free lunch.

4-6 months after loss	Surviving Bereavement: Life Continues	Cancer Center, Immanuel Hospital 6901 N. 72nd St. Omaha, NE	Alegent Health	Linda Dempsey, Certified Thanatologist @ 402-572-2933	Thursdays 6-7:30 pm, spring and fall closed group, 6 week series, \$20 for journal/materials
Those grieving a loss	Grief Share www.griefhare.org	Living Faith Church 6724 S. 83rd Avenue Omaha, NE	Living Faith Church	Pastor Ken Ring @ 402-592-0333	Please call to inquire if a group is currently in progress.
Those grieving a loss (child care available)	Grief Share www.griefhare.org	Christ Community Church 404 S. 108th Avenue Omaha, NE	Christ Community Church	Rich and Ruthie Boettcher @ 402- 296-2671 (who are hospice volunteers in NE City)	Wednesdays @ 6:30-8 pm. Ongoing, join at any time. \$15.00 for book, call first.
Those grieving a loss	Grief Share www.griefhare.org	Faith-Westwood United Methodist Church 4814 Oaks Lane Omaha, NE	Faith Westwood United Methodist Church and St. Paul Lutheran Church	Holly Timberlake @ 402-895-3394 x 1013	Thursdays @ 7-9 PM. Meets every other week. Seasonal, call.
Those grieving a loss	Grief Share www.griefhare.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
Those grieving a loss	Christ Centered Grief Support	Immanuel Lutheran Church 104 Galvin Road N, Bellevue, NE	Immanuel Lutheran Church	Diana Bussain, Judy Porter and Terri Lehigh 402- 292-4138	Wednesdays @ 5-6:30 pm. 13 weeks. Call for schedule, Sundays 5-6:30, can join anytime, free (no book)
Adults	Walking Through the Valley Grief Support Group	Crown Pointe Retirement Center 2820 S. 80th Street Omaha, NE	Heafey-Heafey- Hoffman-Dworak-Cutler Funeral Home	Peggy Bonacci LCSW. Call Sharon Zehnder @ 402-391-3900	2nd and 4th Tuesdays, 10:11-30 AM

Adults	Coping	Call for location at different churches	Family Life Office, Archdiocese of Omaha www.archomaha.com 402-557-5514	Pat Seier @ 402-557-5514	Seasonal 4-5 times per year, 6 week group
Widows	Care and Share Widow Group	2808 Avenue E Council Bluffs, IA	Church of the Brethren	Jeri Hurd @ 712-322-8449	3rd Friday 10 AM
Widows and widowers only	Beginning Experience Weekend beginningexperie eofomaha.org	Call for location	Family Life Office, Archdiocese of Omaha www.archomaha.com 402-558-3100	Pat Seier @ 402-557-5514	Weekend group for those who have gone through the initial stages of grief. \$100 for the room.
Widowed, Separated and divorced persons	Widowed, separated and divorced persons (open to all denominations)	St. Gerald's Catholic Church 96th/Q Omaha, NE	Family Life Office, Archdiocese of Omaha www.archomaha.com 402-558-3100	Pat Seier @ 402-557-5514	2nd Tuesday of Each month @ 7 PM. Other social events at various times. www.wdsofomaha.com
Support and socialization for widows and widowers (have quarterly newsletter of activities)	Omaha Chapter of Living Information for Today (LIFT) (also monthly social outings)	Venice Inn 6920 Pacific St. Omaha, NE Lunch and short program	Crosby-Burket-Swanson Funeral Chapels and Kahler-Dolce Mortuary	Dave Dickbernd 402-339-3232	First Thursday of each month at 11:30 am-1:15 PM. Luncheon averages 45 people/110 on mailing list
Social group for post griever	THEOS (They Help Each Other Spiritually) This is a non-denominational group	Presbyterian Church of the Cross 1517 S. 114th St. Omaha, NE	Presbyterian Church of the Cross	Dorothy Hadley @ 402-393-3052 Mary Janca @ 402-393-3052	2nd Monday of each month at 6 PM. More social activities than grief. Wait one year.
Children ages 5-19 who are adjusting to death or divorce of a parent.	Who Am I Now?	3214 N. 60th St. Omaha, NE	Family Life Office, Diocese of Omaha www.archomaha.org	Pat Seier @ 402-557-5514	7-8:30 PM, 6 week coping program held in the summer. Call for location. Open to all denominations.

Children who have lost a sibling	Living With Loss Too	Children's Hosp	Children's Hospital	Call for more info 402-955-5661	7 week program in the spring and fall. Tuesday 7-8:30 pm for children who have experienced the loss of a sibling.
Grieving children, teens (ages 4-19), and their parents; 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.
Teens	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	Retreat for grieving teens. May & November
Grieving children & teens and their parents	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	Afternoon Day Camp in the fall
Children of Parent with Cancer, age 5-12 (non bereavement)	Just for Kids	Bergan Mercy	Alegent Health	Lori Simpson, oncology social worker 402-398-6267; Peggy Shepherd	Call for details
Families who have experienced loss of a baby during pregnancy, at birth or shortly after	Opem Arms	Bergan Mercy, Professional Center, Room C 2nd floor, 7500 Mercy Road Omaha, NE	Alegent Health	Call Pastoral Care 402-343-8527 or Heather Myers 402-398-5564	Meets 1st Wednesday of every month at 7 pm. Please call before attending.
Relative over 18 who has lost a child of any age	The Compassionate Friends	New Cassel Retirement Center 909 N. 90th St. Auditorium Level 2	Compassionate Friends	402-571-4011 for more info or tcfomaha.org mail@tcfomaha.org	1st Thursday of each month @ 7-9 PM, worldwide candle lighting 2nd Sunday in Dec

Relative over 18 who has lost a child of any age	The Compassionate Friends (Spanish)	One World Community Health Center 4920 S. 30th St. Omaha, NE	Compassionate Friends	Kelly Kleckner 712-326-4308 or tcfomaha.org mail@tcfomaha.org	Spanish meeting 3rd Wednesday of each month 7-9 PM
Relative over 18 who has lost a child of any age	The Compassionate Friends	Tish's Restaurant 1115 S. 35th St. Council Bluffs, IA	Compassionate Friends	402-571-4011 or tcfomaha.org mail@tcfomaha.org	3rd Tuesday of each month. Noon group lunch.
Miscarriage, Stillbirth or neonatal death	SHARE	Private Residence: 621 Arnold St. 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 rotate. Call for location	NE SIDS Foundation	Michelle Skillings & Angie Petersen 402-935-1911	Monthly
Families that are victims of shaken baby syndrome	Progressions www.nebraskasidsfoundation.org	Covers 93 counties in NE	Progressions	Natalie Hadley 402-332-4429 nataliejhadley@yahoo.com	Call for support; group meets as needed
Loss due to suicide	SOS: Survivors of Suicide	Call before attending for time and location	First Christian Church 66th & Dodge	Fred Henninger 402-830-0437 sos.omaha@yahoo.com	3rd Tuesday @ 7:30 PM - please call before attending
Parents grieving child's suicide	POST (Parents of Suicide Together)	Varies, call for information	POST	Laraine Peck 402-496-0309 or lpeck@tconl.com	Ladies Lunch - Last Saturday of every month @ 12:30 PM
Parents grieving child's suicide	POST (Parents of Suicide Together)	St. Andrews Episcopal Church 925 S. 84th St. Omaha, NE	POST	Laraine Peck 402-496-0309 or lpeck@tconl.com	2nd Tuesday @ 7 PM

Pet Loss	Pet Loss Workshop	Humane Society 8929 Fort St Omaha, NE 68134	Humane Society	Kerri Ecklebe (Director of Education) 444-7800 ext 214 Kecklebe@nehumanesociety.org	10:30-11:30 AM, 1st Saturday of month except holiday weekends when it's the following Saturday
Monthly Caregiver Wellness	Caregiver Support Services	Centering Corporation 7230 Maple Street Omaha NE	Toll Free (866)218-0101 Fax (402)553-0507	6:30 p.m. on the second Thursday of each month	402-553-1200 or caregiversupport@aol.com
Resources On Grief	Centering Corporation	Centering Corporation 7230 Maple Street Omaha NE	Toll Free (866)218-0101 Fax (402)553-0507	9-4, M-F	www.centering.org