

Grief Resources

Anticipatory Death and Bereavement



FAMILY SUPPORT

The Collective for Hope

(Grief's Journey, Ted E. Bear Hollow, Healing Embrace) -Omaha
thecollectiveforhope.org

- 8-Session group sessions ages 3-adult. Adult must participate with children
- Self- Care Saturdays
- Family Day Camps- youth ages 3-18
- Summer Support Group w/ Band of the Strong ages 3-18
- Tinsel & Tears ages 3-18
- Remembrance Walk
- Adults Helping Adults- 1 & 3rd Thursday of the month
- Teen sleep over at the zoo ages 13-18
- Pregnancy & infant loss bi-weekly groups
- Spanish language Grief Support 402-507-0190
email: enespanol@thecollectiveforhope.org

Kesem

www.kesem.org

When the term parent is used at Kesem, it includes any parent or guardian with primary or legal responsibility for a child. This includes biological, adoptive, and foster parents. It can also include grandparents and other relatives in parenting roles.

Nebraska Chapter:

University of Nebraska-Lincoln Campus unl@kesem.org

Iowa Chapter:

University of Iowa iowa@kesem.org

Missouri Chapter:

Saint Louis University slu@kesem.org

University of Missouri mizzou@kesem.org

Washington University washustl@kesem.org

- Camp Kesem- weeklong youth impacted by parent's cancer
Ages 6-18
- Kesem by your side- case-by-case basis, customized personal support
- Friends & Family Days- twice yearly- cost can be associated with event

Mourning Hope Grief Center-Lincoln

www.mourninghope.org

Peer-based support groups help participants find hope and connection. Available for all ages.

- Family Grief Support Groups
- Young Adult Grief Support Groups
- Adult Grief Support Groups
- Survivors of Suicide Loss Support Groups
- School-Based Grief Support Groups
- Camp Erin-Children and teens ages 6 to 17

WEBSITES

Wonders & Worries

www.wondersandworries.org

Resources on talking about cancer, illness, when treatment is not working, anticipatory death and bereavement

Grief Share

www.griefshare.org

Find support groups near you

National Alliance for Grieving Children

www.nacg.org

Provides education and resources for supporting grieving youth, including a map for locating grief support programs across the country

What's Your Grief

www.whatsyourgrief.com

Blog & online community for grief education and resources

Widowed Parent

www.widowedparent.org/home

Online community of resources, support, and research for widowed parents

#caringforthegoodlife



17201 Wright Street
Suite 200
Omaha, NE 68130
Phone (402) 334-4773
Fax (402) 330-7463

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WEBSITES

Hamilton's Funeral & after Life Services

www.hamiltonsfuneralhome.com/academy/detail.aspx?p=11

Printable grief & loss resources

We is Strong Facebook page

Provides family photos for families that are going through cancer free of charge, special holiday events, and special keepsake memory options.

Web Healing

www.webhealing.com

Web Healing offers grief discussion boards where you can talk with others who are grieving or browse recommended books on grief.

Children's Bereavement Center

www.childbereavement.org

Our goal at the Children's Bereavement Center (CBC) is to enable children and families to acknowledge change, adjust and integrate loss with healthful grief and mourning.

Healgrief.org-Actively Moving Forward

www.healgrief.org/actively-moving-forward/

Actively Moving Forward® (AMF), a HealGrief® program, is a national network created in response to the needs of grieving young adults.

The Dougy Center

www.dougy.org/grief-support-resources

Dougy Center offers a wide range of resources for people of all ages who are grieving before and after a death.

American Cancer Society

www.cancer.org/cancer/end-of-life-care/grief-and-loss/grieving-process.html

Offers support to help when you are grieving the loss of a love one.

Family Caregiver Alliance

www.caregiver.org

Resources are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving

VIDEOS

Sesame Street Videos

When Families Grieve

Remembering Loved Ones

Mr. M Dies

PODCASTS

Hot Windows Club

What's Your Grief by Eleanor Haley and Litsa Williams

Good Grief by Blake Kasemeier

Grief Out Loud by The Dougy Center

Grief/Relief by Moe Provencher

Coming Back: Life After Loss by Shelby Forsythia

The Mindfulness & Grief Podcast by Heather Stang

SUPPORT GROUPS

Heafey Support Groups

www.heafeyheafey.com/heafey-support-groups/

7805 West Center Road Omaha, NE

Adult support groups and social events

Grief In Common

www.griefincommon.com

On line grief support groups

BOOKS

When You Know You're Dying: 12 Thoughts to Guide You Through the Days Ahead

The One You Love Is Dying: 12 Thoughts to Guide You on the Journey

Centering Corporation (store located in Omaha, NE)

www.centering.org

Books and additional resources for all grief-related topics
402-553-1200

#caringforthegoodlife



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