GRIEF'S JOURNEY
(formerly Ted E. Bear Hollow)

ADDRESS: 7811 Farnam Drive; Omaha, NE 68114
PHONE NUMBER: (402) 502-2773
WEBSITE: https://griefsjourney.org
CONTACT PERSON: Crystal Sierra, Outreach Coordinator: csierra@griefsjourney.org, although any staff member can assist with questions or concerns.

OVERVIEW

Grief’s Journey offers peer grief support by utilizing only the most passionate, caring, trained volunteer facilitators. Grieving children ages 3-18 and their adult caregivers participate in age-appropriate activities to process emotions, enhance coping skills, and build hope and support. Families are encouraged to attend a variety of our free grief support programs depending on their needs and comfort levels.

And, because we know that grief never ends, Grief’s Journey never places a time limit on a person or family’s participation in our programs.

Monthly Support Groups: Second Saturday of every month from 9:30 am - 10:45 am (open to adults and youth ages 3-18).

Serious Illness/Injury Support Group: Second Saturday of every month from Noon-1:30pm (open to adults and youth ages 3-18).

8-Session Support Groups: In this core program, the same families attend for all 8 sessions as we progress through a series of grief-related topics. Please check out our website for dates and times (open to adults and youth ages 3-18).

Family Days: These afternoons are filled with crafts and activities to honor and remember special people who have died. Families work together with volunteers in this fun, light-hearted setting with seasonal themes such as Dia de los Muertos and Tinsel & Tears. Please check out our website for dates and times (open to adults and youth ages 3-18).

Adults Helping Adults: This adult only program meets the first and third Thursday of every month from 6:30pm-8pm. Whether you have experienced a recent death or are grieving one from years ago, we invite you to join us.

Camp Hope: This weekend overnight camp is a special program for teens who have attended our programs with their families. Campers enjoy hanging out with other teens and participating in a variety of activities such as horseback riding, drumming, hiking, photography, and a campfire. Please call for more information.