

Grief's Journey Welcomes You.....

As we bring in the New Year, we want you to know we are here for you. It's not too late to register to attend one of our programs. Please feel free to register online or give us a call. If you know of someone who could benefit from the grief support we provide, please do not hesitate to share our information with them. People do not grieve only after a death; they grieve for a variety of reasons. As you peruse the groups below we hope you will be able to identify with one (or more) that fits you best.

Please Join Us.....

Monthly Groups: Starting Saturday, January 12th This group is an open and ongoing group for any family experiencing grief. It is held on the 2nd Saturday of the month from 9:30-10:45 a.m. *Families are welcome to arrive early. Light snacks are provided. Feel free to come to group any month(s) you desire. Please go online, or call to register ahead of time if possible.

8-Session Support Groups: 1st 2019 session starts Tuesday, January 29th and runs through March 19th. This group is a closed group for any family experiencing grief. It is held on Tuesday nights from 6:00-7:45 p.m. *Families are welcome to arrive early. Food is provided the first night, Potluck for the following weeks. Please Note: Our registration deadline to join this session is **February 5th**.

Serious Illness and Injury: Starting, Saturday, January 12th This group is an open and ongoing group held on the 2nd Saturday of the month. Please join us at 11:30a.m.-12:00 p.m. for a light lunch and 12:00-1:30 p.m. for group. This group is for families and caregivers who are grieving a serious illness or injury such as cancer, ALS, Dementia, and more. Feel free to come to group any month(s) you desire. Please go online, or call to register ahead of time if possible.

Adults Helping Adults: Thursday, January 17th This group is an open and ongoing group for any adult experiencing grief. The group is held on the 1st and 3rd Thursday of the month from 6:30-8:00 p.m. Please go online, or call to register ahead of time if possible.

Support Without Borders: Saturday, January 26th This group is an open and ongoing group for those experiencing separation from a loved one due to immigration challenges. This group is held on the last Saturday of the month from 10:00 a.m.-12:00 p.m. Groups are offered in both English and Spanish. Please go online, or call to register ahead of time if possible.

COMING SOON! *Spring Family Days March 23rd and 24th*
Camp Hope (Teen camp for youth ages 13-18) April 6th and 7th
Grief Facilitator Training March 15-17th
CEU Happy Hours- Returning soon!

All of the groups listed above are held at Grief's Journey located at 7811 Farnam Drive in Omaha. As always, our programs are free of charge, and we welcome anyone to join us. Please feel free to call us if you have any questions or need help with registration.

Sincerest Regards,

Valerie Height, PCMSW, PLMHP
Program Director

Our vision is that no one has to walk their grief journey alone.