



COMMUNITY EDUCATION & CONSULTATION

Grief Facilitator Training

This comprehensive 20-hour training is a prerequisite for anyone looking to become a Grief's Journey facilitator, but is also geared toward mental health professionals, school personnel, and other service providers. It prepares adults to lead grief support groups and includes a Grief's Journey curriculum manual. Continuing education credits are awarded.

CEU Happy Hours

Our CEU Happy Hours are designed for networking and skill-building. All existing Grief's Journey volunteers are encouraged to attend as well as any area professionals interested in enhancing grief support skills while earning continuing education credit.

Consultation

We consult with and provide training and assistance to a variety of organizations, including: schools, universities, childcare providers, social service agencies, and for-profit corporations. Workshops can be customized to fit your schedules, audience, and topics of interest.

OUR NEW NAME REFLECTS OUR GROWING VISION.

We've grown and grown up since we were founded as Ted E. Bear Hollow in 2001, so we want to make sure our name makes it clearer what we do and our vision that no one has to walk their grief journey alone.

We currently serve adults and youth ages 3-18 grieving a death or a serious illness or injury. The schools and organizations who receive our consultation and training benefit from our commitment to helping them address myriad causes of grief.

Unfortunately, unresolved grief can lead to poor school performance and emotional and behavioral concerns, whereas healthy coping leads to long-term success. Our new tagline sums up our core beliefs of creating community, inspiring hope, and promising a fresh outlook. Together hope grows.

402.502.2773
info@griefsjourney.org

Office Hours:
Monday-Friday*
8am-4:30pm
7811 Farnam Drive
Omaha, NE 68114



* Closed major holidays and in conjunction with OPS weather cancellations. Grief's Journey is a registered 501(c)3 organization.



Together hope grows.



WHAT WE DO

Since 2001, Grief's Journey, formerly Ted E. Bear Hollow, has been a welcoming safe place where grieving children, teens, and adults find hope. As the region's cornerstone for grief support, we provide free peer support programs as well as education and consultation throughout Nebraska and Iowa.

Adults and youth ages 3 and up come to our FREE support programs following a death or during a serious illness/injury. Here, they find hope, build support, and connect with others who "get it." We recognize that there is no timeline to grief and there is no right or wrong way to grieve, so we offer a variety of programs to meet your needs.



OUR PROGRAMS

Monthly Family Support Groups

This group is open for families to attend at any time and is a great way to get started with our programs. Meets the 2nd Saturday of every month. Youth and adults work with trained facilitators in separate age/developmental groups.

8-Session Family Support Groups

Series are held throughout the year in which families attend 8 consecutive sessions. Having the same people in your group week after week provides a sense of comfort and security. Youth and adults work with trained facilitators in separate age/developmental groups, progressing through a series of 8 topics.

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 a fun, light-hearted setting with seasonal themes such as Dia de los Muertos and Tinsel & Tears.

Camp Hope/Teen Camp

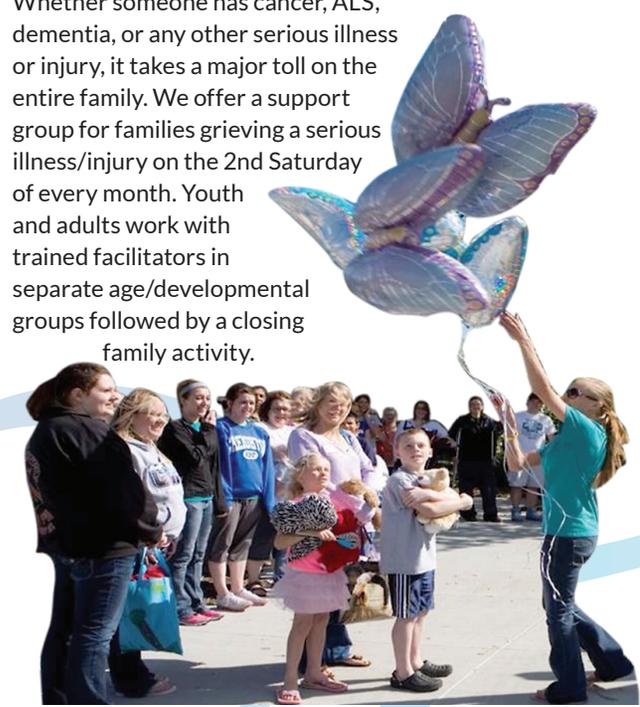
This weekend overnight camp is a special program for teens who have previously attended programs with their families. Campers enjoy hanging out with other teens, and participating in a variety of activities such as horseback riding, drumming, hiking, photography, and a campfire.

Adults Helping Adults (AHA)

This is a support group for just adults. The group meets twice a month, and new members can join at any time. No youth programs are provided during this time.

Serious Illness/Injury Support Groups

Whether someone has cancer, ALS, dementia, or any other serious illness or injury, it takes a major toll on the entire family. We offer a support group for families grieving a serious illness/injury on the 2nd Saturday of every month. Youth and adults work with trained facilitators in separate age/developmental groups followed by a closing family activity.



EVENTS

Support Grief's Journey through your attendance at our special events!

- Comfort Food Classic
- Remembrance Walk
- Doolin Classic Golf Tournament
- Grief Awareness Conference

For more information or to register, visit griefsjourney.org, or call 402-502-2773.