

7811 Farnam Drive  
Omaha, NE 68114  
402-502-2773  
griefsjourney.org



Together hope grows.



# AHA

## Adults Helping Adults

**Are you a grieving adult looking for support?**

Grief's Journey offers a free grief support group just for adults. Whether you have experienced a recent death or are grieving one from years ago, we invite you to join us. No children's program is provided during this time.

**Who:** Adults grieving the death of someone special

**When:** 1<sup>st</sup> & 3<sup>rd</sup> Thursday every month, 6:30-8pm

**How to register:** Visit our website or call our office at 402-502-2773

We encourage you to attend as many sessions as you would like, and new members are always welcome to join. Just be sure to register in advance so we know who to expect!