



# 2019

## JANUARY

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

**1/03, 1/17:** Adults Helping Adults (6:30pm-8pm)  
**1/12:** Bereavement Groups (9:30am -10:45am)  
**1/12:** Illness/Injury Groups (12pm-1:30pm)  
**1/15:** 8-Session Support Groups (6pm-7:45pm)  
 (meets weekly from 1/29-3/19)  
**1/23:** CEU Happy Hour (times vary, check website)  
**1/26:** Support without Borders (10am-12pm)

## APRIL

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

**4/04, 4/18:** Adults Helping Adults (6:30pm-8pm)  
**4/06-4/07:** Camp Hope: A Retreat For Grieving Teens  
**4/13:** Bereavement Groups (9:30 -10:45am)  
**4/13:** Illness/Injury Groups (12pm-1:30pm)  
**4/24:** CEU Happy Hour (times vary, check website)  
**4/27:** Support without Borders (10am-12pm)

## FEBRUARY

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	1	2
3	4	5	6	7	8	9

**2/07, 2/21:** Adults Helping Adults (6:30pm-8pm)  
**2/9:** Bereavement Groups (9:30am-10:45am)  
**2/9:** Illness/Injury Groups (12pm-1:30pm)  
**2/27:** CEU Happy Hour (times vary, check website)  
**2/23:** Support without Borders (10am-12pm)

## MAY

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

**5/02, 5/16:** Adults Helping Adults (6:30pm-8pm)  
**5/11:** Bereavement Groups (9:30am-10:45am)  
**5/11:** Illness/Injury Groups (12pm-1:30pm)  
**5/18:** Remembrance Walk  
**5/22:** CEU Happy Hour (times vary, check website)  
**5/25:** Support without Borders (10am-12pm)

## MARCH

S	M	T	W	T	F	S
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

**3/07, 3/21:** Adults Helping Adults (6:30pm-8pm)  
**3/09:** Bereavement Groups (9:30am-10:45am)  
**3/09:** Illness/Injury Groups (12pm-1:30pm)  
**3/15-3/17:** Grief Facilitator Training  
**3/18:** 8-Session Support Groups (6pm-7:45pm)  
 (meets weekly from 3/18-5/06)  
**3/23:** Spring Family Day (10am-1pm)  
**3/24:** Spring Family Day (11am-2pm)  
**3/27:** CEU Happy Hour (times vary, check website)  
**3/30:** Support without Borders (10am-12pm)

## JUNE

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

**6/06, 6/20:** Adults Helping Adults (6:30pm-8pm)  
**6/08:** Bereavement Groups (9:30 -10:45am)  
**6/08:** Illness/Injury Groups (12pm-1:30pm)  
**6/22:** Summer Family Day (10am-1pm)  
**6/23:** Summer Family Day (11am-2pm)  
**6/26:** CEU Happy Hour (times vary, check website)  
**6/29:** Support without Borders (10am-12pm)

■ = Bereavement Programs 
 ■ = Illness/Injury Programs 
 ■ = Trainings/Events 
 ■ = Support Without Borders

Find more detailed information at [www.griefsjourney.org](http://www.griefsjourney.org), or call 402.502.2773. Advanced registration is required for all programs.

## JULY

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

- 7/04: NO Adults Helping Adults (Holiday)
- 7/18: Adults Helping Adults (6:30pm-8pm)
- 7/13: Bereavement Groups (9:30am-10:45am)
- 7/13: Illness/Injury Groups (12pm-1:30pm)
- 7/24: CEU Happy Hour (times vary, check website)
- 7/27: Support without Borders (10am-12pm)

## AUGUST

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

- 8/01, 8/15: Adults Helping Adults (6:30pm-8pm)
- 8/02-8/04: Grief Facilitator Training
- 8/10: Bereavement Groups (9:30am-10:45am)
- 8/10: Illness/Injury Groups (12pm-1:30pm)
- 8/28: CEU Happy Hour (times vary, check website)
- 8/31: Support without Borders (10am-12pm)

## SEPTEMBER

S	M	T	W	T	F	S
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

- 9/03: 8-Session Support Groups (6pm-7:45pm)  
(meets weekly 9/03-10/22)
- 9/05, 9/19: Adults Helping Adults (6:30pm-8pm)
- 9/14: Bereavement Groups (9:30am-10:45am)
- 9/14: Illness/Injury Groups (12pm-1:30pm)
- 9/25: CEU Happy Hour (times vary, check website)
- 9/28: Support without Borders (10am-12pm)

## OCTOBER

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

- 10/03, 10/17: Adults Helping Adults (6:30pm-8pm)
- 10/05, 10/06: Dia de los Muertos (10am-1pm), (11am-2pm)
- 10/12: Bereavement Groups (9:30am-10:45am)
- 10/12: Illness/Injury Groups (12pm-1:30pm)
- 10/13: Comfort Food Classic
- 10/26-10/27: Camp Hope: A Retreat For Grieving Teens
- 10/23: CEU Happy Hour (times vary, check website)
- 10/28: 8-Session Support Groups (6pm-7:45pm)  
(meets weekly 10/28-12/16)
- 10/26: Support without Borders (10am-12pm)

## NOVEMBER

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

- 11/07, 11/21: Adults Helping Adults (6:30pm-8pm)
- 11/09: Bereavement Groups (9:30am-10:45am)
- 11/09: Illness/Injury Groups (12pm-1:30pm)
- 11/21: Grief Awareness Conference
- 11/30: Support without Borders (10am-12pm)

## DECEMBER

S	M	T	W	T	F	S
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

- 12/05, 12/19: Adults Helping Adults (6:30pm-8pm)
- 12/07: Tinsel & Tears (10am-1pm)
- 12/08: Tinsel & Tears (11am-2pm)
- 12/14: Bereavement Groups (9:30am-10:45am)
- 12/14: Illness/Injury Groups (12pm-1:30pm)
- 12/28: Support without Borders (10am-12pm)

■ = Bereavement Programs   
 ■ = Illness/Injury Programs   
 ■ = Trainings/Events   
 ■ = Support Without Borders