

**LOCAL COMMUNITY RESOURCES**

**BRIDGES (Bereavement, Resources, Infant Loss, Death, Grief, Encouragement, and Support)**

*(402) 219-7065 555 S. 70th St. Lincoln, NE 68510*

The CHI Health St. Elizabeth BRIDGES Program is a bereavement support system for families who experience a pregnancy loss through miscarriage, ectopic (tubal) pregnancy, stillbirth or newborn death. BRIDGES grief supporters are Registered Nurses who have received additional education through Resolve Through Sharing (RTS) Bereavement Services. They are available to listen, offer support, encouragement, and consolation. There is no charge for the BRIDGES program.

**Compassionate Friends**

*(402) 571-4011 Meetings in Omaha, Fremont, and Lincoln*

Support groups in Omaha, Fremont, and Lincoln. A self-help organization offering support and understanding to families who have experienced the death of a child. [*www.tcfomaha.org*](http://www.tcfomaha.org)

**HEALing Embrace- Pregnancy & Infant Loss Support Group**

*(402) 502-2773 Grief’s Journey, 7811 Farnam Dr.*

Monthly adult support group for those grieving a pregnancy or infant loss. Free and light snack provided. Pre-registration at [www.griefsjourney.org](http://www.griefsjourney.org) is encouraged. No babies or children under the age of 19 are allowed to attend. Meets the 2nd Thursday of Every Month from 6:30-8pm

**H.O.P.E. (Helping Other Parents Endure)**

*(402) 488-0934 Bryan LGH East Medical Plaza 1500 S. 48th St. Lincoln, NE 68506*

A support group for bereaved parents who have experienced the loss of a baby due to miscarriage, stillbirth, or newborn death. No fee. Meets first Wednesday of each month.

**Open Arms**

*(402) 343-8527 West Hills Church (library, lower level) 3015 S. 82nd Ave.*

A support group for families who have experienced the loss of a baby during pregnancy, at birth or shortly after. Meets the first Wednesday of the month (no group in January, May, or Sept.) From 7-8 pm.

**Remembering Our Little Ones- Miscarriage and lnfant Loss, Prayer and Support Group**

*(402) 250-7758 or (402) 502-4416*  *St. Colmbkille Social Hall, 200 E. 6th St. Papillion*

A support group for families who have experienced the loss of a baby during pregnancy, at birth or shortly after. Meets every 3rd Sunday of the month from 7-8pm. No Fee.

**SHARE: Miscarriage, stillbirth or neo-natal death**

*(712) 322-4464 621 Arnold Council Bluffs, IA 51503 (Private residence)*

Meets the first Wednesday of each month 7:30-9:00 pm. Call Peggy Golden to verify location and times.

**Additional Resources:**

Centering Corporation https://centering.org 402-553-1200

Grief’s Journey https://griefsjourney.org 402-502-2773

HEALing Embrace https://www.healingembrace.org 402-502-2773

Nebraska SIDS Foundation http://www.nebraskasidsfoundation.org 402-935-1911

March of Dimes <http://www.marchofdimes.org> 402-496-7111

No Footprint Too Smallhttp://nofootprinttoosmall.com 712-574-0478 *Lincoln, NE*

Coping with the loss of the pregnancy can cause feelings of sadness and grief. If you or your partner are having trouble handling the feelings that go along with this loss, please contact us or seek out a counselor.

**Therapists with experience working in the areas of prenatal loss and early infant death**

***\*Providers that Accept nebraksa medicaid.*** Additional providers can be found at [www.psychologytoday.com](http://www.psychologytoday.com)

Adult, Adolescent, & Child Therapy/ACT, Inc.

***Sarah High, MSW, PLMHP\**** 402-556-6231

***Kris Severe, LICSW, LIMHP\**** 402-290-8593

10846 Old Mill Rd, Suite 5 Omaha, NE

Associated Counseling Professionals

***Brier Jirka, LIMHP, CPC, CST***

***Susan Williamson, MS, LPC, LIMHP***

2255 S. 132ND St., Suite 200 Omaha NE

402-334-1122

Clearwater Counseling, PC

***Kayla Coghlan, MS, LIMHP, LIPC\****

***Jessica Frenzen, CSW, PLMHP\****

7701 Pacific St, Suite 100A

308-210-8487

***Marla Cohen, MS, LMHP, NCC***

6910 Pacific St, Suite 315 Omaha, NE

402-835-0081

***Lynn Anderson Demott, LMHP***

Psychological & Counseling Services, PC

12728 Augusta Avenue, Suite 150 Omaha, NE

402-330-1537

***Wendy Everson, MS, LMHP***

Calm Waters Counseling, LLC.

Location:  Arbor Family Counseling

11605 Arbor Street, Suite 106 Omaha NE

402-330-0960

***Sharon Heckathorn, LIMHP, LADC***

3520 N. 163rd Plaza Omaha, NE

402-513-4416 x701

***Becky Herber, MS, LIMHP, LADC\****

11919 P St., Suite C Omaha, NE

402-512-6005

***Jody Jurgens, LIMHP***

Family Enrichment

820 S. 75th St.

402-391-2477

***Katie Kueny, PhD, LIMHP, LMFT***

11225 Davenport St., Suite 103, Omaha, NE

402-298-5235 x7

**Nebraska Medicine Reproductive Psychiatry Clinic**

Psychiatry and mental health counseling

510 S. 42nd St Omaha, NE

402-552-6007

***Vanessa Neuhas, MS, LMFT, LIMHP***

1615 N. 35th St. Lincoln, NE

402-937-8410

***Maureen O’Donnell, MS, LIMHP, LADC, CEAP***

Arbor Family Counseling

11605 Arbor Street, Suite 106 Omaha, NE

402-330-0960

***Abby Saunders, LIMHP, LADC\****

Omaha OBGYN Associates P.C.

16909 Lakeside Hills Ct, Suite 201

*And* 119 N. 51st. St. Omaha, NE

531-201-6061

***Linda Shadoin, LMHP, LISW \****

6910 Pacific Street, Suite 32O Omaha, NE   
 531-600-8161

***Kristen Treat, LPC, LMHP***

Butterfly Kisses Family Support Services, LLC  
 535 Fortune Dr., Suite 150 Papillion, NE

402-577-0773

Verve Collaborative Health

***Jennifer Brigden, LMHP\****

***Rachel Wolfe, LIMHP****\**

11422 Miracle Hills Drive, Suite 401 Omaha, Ne

*Nurse Practitioner services present in practice*   
 [402-898-1113](tel:+1-402-898-1113)

Woodhaven Counseling  ***Samantha Acosta, LIMHP***

***Brandy Anderson, APRN (medication management)***

***Sally Gilbreath, LIMHP  
 Stacie Spies-Matz, Ph.D*** 12001 Q St. Omaha, NE

402-592-0328

**Additional Counseling Resources that accept**

**Medicaid, reduced rate, or sliding fee rates:**

Catholic Charities 402-554-0520

CHI Mental Health Services 402-717-4673

Child Saving Institute 402-553-6000

Heartland Family Services 402 553-3000

Jewish Family Services 402-330-2024

Lutheran Family Services 402-342-7007

Methodist Community Counseling Program

402-354-6891

UNO Community Counseling 402-554-2727

**Online Resources:**

**All That Love Can Do** <http://allthatlovecando.blogspot.com/>

**Be Not Afraid**

<http://www.benotafraid.net/>

**Good Grief-**

<https://good-grief.org/goodgrief/>

**Heaven’s Gain**

<http://www.heavensgain.com/>

**Hope Exchange-**

[www.hopexchange.com](http://www.hopexchange.com)

**Pregnancy After Loss Support (PALS)** <https://pregnancyafterlosssupport.com/>

**Purposeful Gift** –

<http://purposefulgift.com/en/>

**Perinatal Hospice**

<http://www.perinatalhospice.org/>

**Still Mothers**

<http://www.stillmothers.com/>

**Still Standing**

<http://stillstandingmag.com/>

**Sufficient Grace Ministries** <http://sufficientgraceministries.org/>

**Books:**

[A Gift of Time: Continuing Your Pregnancy When Your Baby’s Life Is Expected to Be Brief- Amy Keuebelbeck and Deborah Davis](https://www.healingembrace.org/product/a-gift-of-time-continuing-your-pregnancy-when-your-babys-life-is-expected-to-be-brief/" \t "_blank)

[A Guide for Fathers: When a Baby Dies- Tim Nelson](https://www.amazon.com/Guide-Fathers-When-Baby-Dies/dp/0965084841/ref=sr_1_1?s=books&ie=UTF8&qid=1469804860&sr=1-1&keywords=A+Guide+for+Fathers%3A+When+a+Baby+Dies)

[A Silent Sorrow: Pregnancy Loss – Guidance and Support for You and Your Family](https://www.amazon.com/Silent-Sorrow-Pregnancy-Guidance-Support/dp/0415924812/ref=sr_1_1?s=books&ie=UTF8&qid=1469804875&sr=1-1&keywords=A+Silent+Sorrow%3A+Pregnancy+Loss+%E2%80%93+Guidance+and+Support+for+You+and+Your+Family)- Ingrid Kohn & Perry-Lynn Moffitt

[Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death](https://www.amazon.com/Empty-Arms-Coping-Miscarriage-Stillbirth/dp/0960945660/ref=sr_1_1?s=books&ie=UTF8&qid=1469804911&sr=1-1&keywords=Empty+Arms%3A+Coping+with+Miscarriage%2C+Stillbirth%2C+and+Infant+Death)- Sherokee Ilse

[Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth or Tubal Pregnancy](https://www.amazon.com/Empty-Arms-Miscarriage-Stillbirth-Pregnancy/dp/1576738515/ref=sr_1_1?s=books&ie=UTF8&qid=1469804892&sr=1-1&keywords=Empty+Arms%3A+Hope+and+Support+for+Those+Who+Have+Suffered+a+Miscarriage%2C+Stillbirth+or+Tubal+Pregnancy)- Pam Vredeevelt

[Grieving Dads: To the Brink and Back- Kelly Farley & David DiCola](https://www.amazon.com/Grieving-Dads-Brink-Kelly-Farley/dp/0985205180/ref=sr_1_1?s=books&ie=UTF8&qid=1469804799&sr=1-1&keywords=Grievings+Dads%3A+To+the+Brink+and+Back" \t "_blank)

[Healing a Parent’s Grieving Heart: 100 Practical Ideas After Your Child Dies](https://www.amazon.com/Healing-Parents-Grieving-Heart-Practical/dp/1879651300/ref=sr_1_1?s=books&ie=UTF8&qid=1469804782&sr=1-1&keywords=Healing+a+Parent%E2%80%99s+Grieving+Heart%3A+100+Practical+Ideas+After+Your+Child+Dies)- Alan Wolfelt

[Healing a Parent’s Grieving Heart: 100 Practical Ideas after Stillbirth](https://www.amazon.com/Healing-Parents-Grieving-Heart-Practical/dp/1879651300/ref=sr_1_1?s=books&ie=UTF8&qid=1469804782&sr=1-1&keywords=Healing+a+Parent%E2%80%99s+Grieving+Heart%3A+100+Practical+Ideas+After+Your+Child+Dies)- Alan Wolfelt

[I’ll Hold You in Heaven](https://www.amazon.com/Ill-Hold-Heaven-Jack-Hayford/dp/0800796616/ref=sr_1_1?s=books&ie=UTF8&qid=1469804752&sr=1-1&keywords=i+ll+hold+you+in+heaven)- Jack Hayford

[Miscarriage: A Man’s Book- Rick Wheat](https://www.amazon.com/Miscarriage-Mans-Book-Rick-Wheat/dp/1561230820/ref=sr_1_1?s=books&ie=UTF8&qid=1469804821&sr=1-1&keywords=Miscarriage%3A+A+Man%E2%80%99s+Book)

[Sometimes I Cry in the Shower: A Grieving Father’s Journey to Wholeness and Healing – R. Glenn Kelly](https://www.amazon.com/Sometimes-Cry-Shower-Grieving-Wholeness/dp/0692483853/ref=sr_1_1?s=books&ie=UTF8&qid=1490205652&sr=1-1&keywords=Sometimes+I+Cry+in+the+Shower+%E2%80%93+A+Grieving+Father%E2%80%99s+Journey+to+Wholeness+and+Healing+-+R.+Glenn+Kelly)

Stillbirth yet Still Born: Grieving and Honoring Your Precious Baby- Deborah L Davis

Sufficient Grace – Kelly Gerken

[Unexpected Goodbye: When Your Baby Dies](https://www.amazon.com/Unexpected-Goodbye-When-Your-Baby-ebook/dp/B0096IF110/ref=sr_1_1?s=books&ie=UTF8&qid=1469804843&sr=1-1&keywords=Unexpected+Goodbye%3A+When+Your+Baby+Dies)- Angela Miller

[You Are the Mother of All Mothers](https://www.amazon.com/You-Are-Mother-All-Mothers/dp/1940014190/ref=sr_1_1?ie=UTF8&qid=1469804683&sr=8-1&keywords=You+Are+the+Mother+of+All+Mothers)- Angela Miller