

Omaha Area
**Support Group for
Young Widows
& Widowers**



Are you feeling alone?
Do you feel that no one understands what
you are going through?
Do you need a friend? A support system?
Someone who will simply listen?
Are you wondering how & when you'll be
able to move forward?
How can you start over and begin a new
life without your life-long partner?

Losing a loved one is one of the
hardest things a person will ever go
through. There is a whole different
dynamic and set of issues to deal
with when you are a young widow
or widower. Not only are you
grieving the loss of your spouse, you
are now the sole manager of a
household, perhaps with infant or
school age children. You are still
years or decades away from
retirement.

**THIS IS NOT THE WAY YOUR LIFE
WAS SUPPOSED TO GO!**

It is important to remember...you
are not alone. Others are feeling
and experiencing the same thing.

We are an informal social/support
group, not a structured counseling
group. We are not therapists, clergy
or grief professionals, just people
like you that share your loss.

Our group includes widows/widowers from
Omaha, NE; Sioux Falls, SD; Wichita, KS and
surrounding communities.

Currently, we are having bi-weekly "open"
conference calls and monthly social events. We
also use an e-mail group for individual and group
communications, questions and encouragement.

If you are interested in being a part of the support
group, please contact us through our website on

[Google Groups](https://groups.google.com/group/omahayounomaha)

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***We hope we are able to provide
strength, comfort, understanding and
fellowship to one another, as we
continue on this grief journey.***

Thank you & God bless!