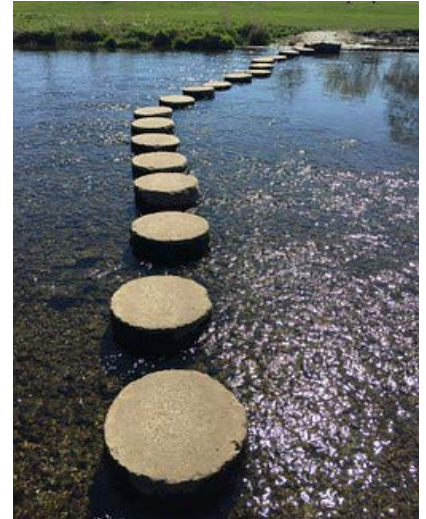


Bereavement Support Services

Resources, support groups, and books

This handout lists support groups, local and online resources, and books you may find helpful in your time of grief.

You will need to register for most support groups before you attend them. Please call the agency whose support group you would like to attend for the date, time, and location.



We hope that you find these resources helpful as you move through your time of grief.

Support Groups and Information

Seattle

Community Information

Resource Line: 866.427.4747

A 24-hour crisis line offering crisis support.

Providence Hospice of Seattle: 206.320.4000

Near downtown Seattle. Provides information on grief and loss and offers support groups and counseling.

Kaiser Permanente Hospice: 206.326.4549

Support groups meet in many places in King County. You do not need to be a Group Health member to join a support group.

Healing Center: 206.523.1206

In Northeast Seattle. Provides information on grief and loss and offers support groups and counseling.

Grief and Life Transitions: 206.362.9094

Provides information on grief and loss and offers support groups and counseling.

Burien

Highline Home Health and Hospice: 206.901.8532

Provides information on grief and loss and offers support groups and counseling.

East King County

Evergreen Grief and Bereavement: 425.899.1077

Provides information on grief and loss and offers support groups and counseling.

Overlake Hospital: 425.688.5308

Offers bereavement support groups for cancer death only.

Edmonds

Swedish Edmonds: 425.640.4404

Provides information on grief and loss and offers support groups and counseling.

Everett

Hospice of Snohomish County: 425.261.4800

Provides information on grief and loss and offers support groups and counseling.

Tacoma

Multicare Hospice, King and Pierce Counties: 253.301.6400

Multicare Hospice, Kitsap County: 253.459.7566

Provides information on grief and loss and offers support groups and counseling.

CHI Franciscan Hospice: 800.338.8305

Provides information on grief and loss and offers support groups and counseling.

Specialized Bereavement Support

- *For bereaved children:*

Providence Hospice Safe Crossings: 206.652.4723

Support for young children.

- *For bereaved parents:*

The Compassionate Friends: 206.241.1139

Support for the death of a child of any age.

- *For the death of a spouse or partner:*

Widowed Information and Consultation: 206.241.5650

Widowed Young Persons Support Group: 206.441.3556

For widows and widowers age 50 and younger.

- *For sudden/traumatic deaths:*

Virginia Mason Separation and Loss: 206.223.6398

Victims of Violent Crime: 800.346.7555

Mothers Against Drunk Driving: 877.275.6233

- *For death from AIDS:*

Seattle AIDS Support Group: 206.322.2437

Resources Outside the Seattle Area

If you live outside the greater Seattle area, please call your local hospice and ask for bereavement resources near you. You can find your local hospice by calling the National Hospice and Palliative Care Organization (NHPCO) at 703.837.1500. Or, visit the NHPCO website at www.nhpc.org.

Please take good care of yourself and accept support from your family, friends, and bereavement counselors.

Internet Resources

- Center for Loss: www.centerforloss.com
- What's Your Grief: www.what'syourgrief.com
- American Hospice Foundation: www.americanhospice.org
- National Cancer Institute – Grief, Bereavement and Coping with Loss: www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2

Books on Grief and Loss

Safe Passage

by Molly Fumia

This is an easy-to-read book of meditations on grieving. The author uses quotes and original writings to guide us through the passages of grief toward healing and hope.

Tear Soup

by Pat Schwiebert and Chuck DeKlyen, illustrated by Taylor Bills

This illustrated book is for both children and adults who have lost a loved one. The main character is an old woman named Grandy, who has suffered a major loss. Grandy's tear soup comforts her and helps fill the void in her life that her loss left.

A Time to Grieve

by Carol Staudacher

This book is a companion to help you through the difficult time of grief. It includes meditations that speak directly to you if you are still feeling the effects of your loss. This book can be helpful no matter when your loved one died or where you are in your grieving process.

In Lieu of Flowers

by Nancy Cobb

There is no wrong way to grieve, but the story of how the author managed to face the deaths of her parents and other loved ones provides a healthy example. Written with intelligence and humor, this book reminds us to stay connected with our loved ones, both living and deceased.

Mourning and Mitzvah

by Anne Brener

This guided journal is for anyone who is walking the mourner’s path through grief to healing. For those who mourn a death or any kind of loss, or for those who are supporting the bereaved, this book teaches the power and strength of the grieving process.

Midlife Orphan

by Jane Brooks

This book helps adult children understand and grieve the changes that occur in their lives when their elderly parents die. Often we use the word “orphan” to mean young children – but even middle-aged adults can feel the pain of being an orphan.

***I started missing you long
before you were gone.
I’ll keep loving you long after
the memories bring you back.***

Molly Fumia

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC Social Work and Care Coordination: 206.598.4370
- HMC Social Work Department: 206.744.8030