UW Medicine

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.

Support Groups and Information

Seattle

Community Information Resource Line: 206.461.3222
This 24-hour crisis line offers crisis support.

Providence Hospice of Seattle: 206.320.4000
Near downtown Seattle. Provides information on grief and loss and offers support groups and counseling.

Group Health Hospice: 800.393.0890
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
In the Lake City neighborhood. Provides information on grief and loss and offers support groups and counseling.

Burien

Highline Home Health and Hospice: 206.439.9095
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.

Spiritual Care

Please tell your nurse if you would like to talk with a spiritual caregiver at the medical center.

Overlake Hospital: 425.688.5586
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: 425.261.4807
Provides information on grief and loss and offers support groups and counseling.

Tacoma

Multicare – Good Samaritan Hospice: 888.516.4505
Provides information on grief and loss and offers support groups and counseling.

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

  Families and Friends of Missing Persons and Victims of Violent Crime: 800.346.7555

  Mothers Against Drunk Driving: 800.927.6080

- *For death from AIDS:*

  Seattle AIDS Support Group: 206.322.2437

  Rise N' Shine: 206.682.8949

  Seattle Shanti: 206.324.1520

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 at 800.658.8898, or online at *www.nhpco.org*.

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

Internet Resources

- Hospice – Bereavement Resources: *www.hospicenet.org*
- Center for Loss: *www.centerforloss.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

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