

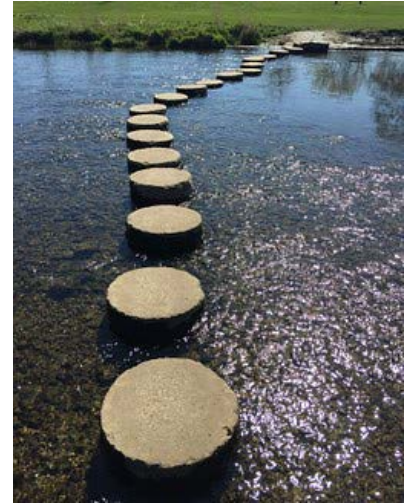
UW Medicine

## **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.*



*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](http://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](http://www.centerforloss.com)
- What's Your Grief: [www.what'syourgrief.com](http://www.what'syourgrief.com)
- American Hospice Foundation: [www.americanhospice.org](http://www.americanhospice.org)
- National Cancer Institute – Grief, Bereavement and Coping with Loss: [www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2](http://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. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

Montlake Campus:  
206.598.4370

Northwest Campus:  
206.668.1304

HMC Social Work:  
206.744.8030