

丧亲支持服务

资源, 支持小组和书籍

这份手册列出了支持小组、当地和网上资源, 以及您可能在悲伤时发现有用的书籍。大多数支持小组需要您先注册才能参加。请致电您想参加的支持小组的机构, 确定日期、时间和地点。

支持小组和信息

西雅图

- **资源热线 社区信息: 866.427.4747**
24小时紧急热线提供紧急支持。
- **“Providence 西雅图安宁护理中心” 206.320.4000**
西雅图市中心附近。提供应对悲伤与丧亲的信息, 并提供支持小组和咨询。
- **“Kaiser Permanente 凯撒医疗安宁护理中心”: 206.326.4549**
支持小组在“King County 金郡”多处聚会。您不需要成为 Group Health 的成员来参加支持小组。
- **康复中心: 206.523.1206**
在西雅图东北地区。提供应对悲伤与丧亲的信息, 并提供支持小组和咨询

East King County 金郡东部

- **“Evergreen Grief and Bereavement 悲伤与丧亲应对中心”: 425.899.1077**
提供应对悲伤和失去的信息, 并提供支持小组和咨询。
- **“Overlake Hospital 医院”: 425.688.5308**
只提供因癌症去世的丧亲支持小组

Edmonds 埃德蒙兹市

- **“Swedish Edmonds 埃德蒙兹市瑞典医院”: 425.640.4404**
提供应对悲伤和失去的信息, 并提供支持小组和咨询。

Everett 埃弗里特市

- **“Providence Hospice of Snohomish County 斯诺霍米什郡安宁护理中心”: 425.261.4800**
提供应对悲伤与失落的信息, 并提供支持小组和咨询。



使用您的手机摄像头扫描此二维码即可获取此讲义的数字副本。

Tacoma 塔科马

- “Kitsap Multicare**安宁护理中心**”, 服务King郡、Pierce郡 和 Kitsap郡: 253.301.6400
提供应对悲伤和失去的信息, 并提供支持小组和咨询。
- “Virginia Mason Franciscan Hospice **安宁护理中心**”: 800.338.8305
提供应对悲伤和失去的信息, 并提供支持小组和咨询。

专项丧亲支持小组

丧亲儿童:

- “Providence Hospice Safe Crossings**支持小组**”: 206.652.4723
帮助年幼儿童的支持小组。

丧亲父母:

- “The Compassionate Friends**支持小组**”: 206.241.1139
任何年龄的儿童死亡的支持小组。

丧偶 / 失去伴侣:

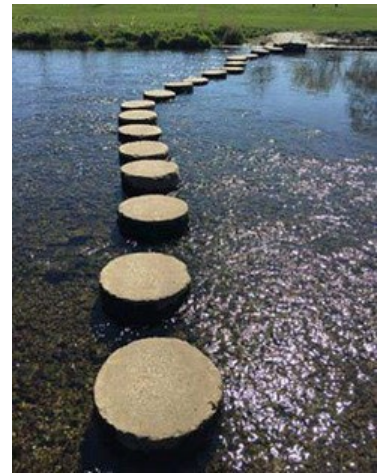
- **丧偶信息和咨询**: 206.241.5650
- **年轻丧偶支持小组**: 206.441.3556
服务50岁以下的鳏夫寡妇。

突发性/创伤性死亡:

- “Harborview Abuse and Trauma **海景医院虐待与创伤中心**”: 206.744.1600
- “National Center for Victims of Crime **全国罪案受害者中心** ”: 202.467.8700
- “Mothers Against Drunk Driving **母亲反对酒后驾车**”: 877.275.6233

艾滋病去世:

- “Peer Seattle for AIDS **西雅图艾滋病互助计划**”: 206.322.2437



我们希望当您经历悲伤的时候, 这些资源对你有帮助。

西雅图以外的资源

如果您居住在大西雅图地区外，请联系您当地的安宁护理中心咨询丧亲资源。您可以拨打 703.837.1500 联系“National Hospice and Palliative Care Organization 全国安宁护理与安疗机构(NHPCO)”以查找您当地的安宁护理中心。或访问NHPCO的网站 www.nhpco.org。

请照顾好自己和接受您家人，朋友和丧亲顾问的支持。

网络资源

- “American Hospice Foundation 美国安宁护理基金会”：www.americanhospice.org
- “National Cancer Institute 全国癌症研究所-应对悲伤、丧亲和失去”：
www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2

应对悲伤与失落的书籍

Safe Passage 安全通道

Molly Fumia 著

这是一本关于悲伤冥想的易于阅读的书籍。作者引用原文引导我们从悲伤走向治愈和希望。

Tear Soup 眼泪汤

Pat Schwiebert 和 Chuck DeKlyen 著, Taylor Bills 绘图

该绘本是为失去亲人的儿童和成人准备的。主角是一位名叫格兰迪的老妇人，她遭受了重大打击。格兰迪的眼泪汤安慰了她，并帮助填补了她失去亲人后生命的空虚。

A Time to Grieve 悲伤时刻

Carol Staudacher 著

这本书是帮助您度过悲伤困难时期的伴侣。如果您仍然感到失去的影响，它包括直接与您对话的冥想。无论你所爱的人是在什么时候去世的，或者你处于什么悲伤的过程中，这本书都是有帮助的。

In Lieu of Flowers 鲜花替之

Nancy Cobb 著

没有错误的悲伤方式，但是故事讲述了作者如何面对失去父母和其他亲人的离世提供了一个健康的例子。这本书充满了智慧和幽默，这本书提醒我们要和我们所爱的人保持联系，无论是活着的还是死去的。

哀悼与戒律 Mourning and Mitzvah

Anne Brener 著

这本引导性日志适合那些在哀悼路上经历悲伤到愈合的人。为那些哀悼死亡或任何一种失去的人，或那些支持失去亲人的人，这本书教会了悲伤过程的强度和力量。

中年孤儿 Midlife Orphan

Jane Brooks 著

这本书帮助成年子女了解年迈的父母去世后他们生活中发生的变化，并为之悲伤。我们经常用“孤儿”这个词来指年幼的孩子，但即使是中年人也能感受到孤儿的痛苦。

有提问吗？

您的提问很重要。如果您有提问或顾虑，请联系我们。

华大医疗社工和护理协调部

- **Montlake Campus:** 206.598.4370
- **Northwest Campus:** 206.668.1304
- **海景医疗社工部 Social Work:** 206.744.8030

在你离去前我就开始想你了。记忆会把你带回来，接下来的长久日子里我会一直地爱着你。

- Molly Fumia

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: 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.

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

- **Providence Hospice of Snohomish County: 425.261.4800**
Provides information on grief and loss and offers support groups and counseling.

Tacoma

- **Kitsap Multicare Hospice, King, Pierce, and Kitsap Counties: 253.301.6400**
Provides information on grief and loss and offers support groups and counseling.
- **Virginia Mason Franciscan Hospice: 800.338.8305**
Provides information on grief and loss and offers support groups and counseling.



*Scan for a digital
copy of this handout.*

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:

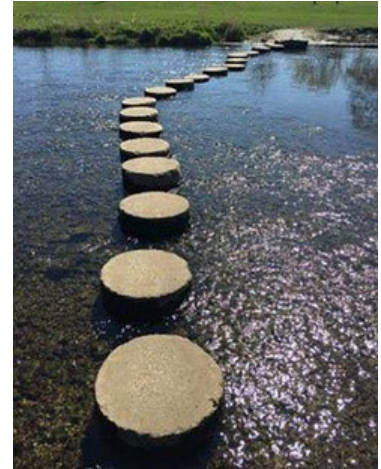
- **Widowed Information and Consultation: 206.241.5650**
- **Widowed Young Persons Support Group: 206.441.3556**
For widows and widowers age 50 and younger.

For sudden/traumatic deaths:

- **Harborview Abuse and Trauma: 206.744.1600**
- **National Center for Victims of Crime: 202.467.8700**
- **Mothers Against Drunk Driving: 877.275.6233**

For death from AIDS:

- **Peer Seattle for AIDS Support Groups: 206.322.2437**



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

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

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.

Internet Resources

- **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.

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

*I started missing you long
before you were gone.*

*I'll keep loving you long
after the memories bring
you back.*

- Molly Fumia