

Bereavement Services

The process of saying goodbye to a loved one is never easy. Sometimes it helps to enlist the support of others. Bereavement support groups can be a valuable resource to help you before and after this difficult time.



Agency	Contact Information	Children	Adult	Group or Individual?	Cost	Area	Website
Grief Support Groups							
Psychiatry & Counseling Clinic	800.469.3979		■	Individual & group support, please call for more information	Varies	South King County	valleymed.org/psych/
Bonney-Watson	SeaTac: 206.203.8107; Federal Way 253.839.7317	■	■	Support groups are available, please call for more information	Free	Seattle, SeaTac & Federal Way	bonneywatson.com
Virginia Mason Franciscan Health Support Group: Grief and Loss	253.534.7000		■	Group; registration required	Free	various	chifranciscan.org/health-care-services/hospice-and-palliative-care/grief-and-bereavement-support
The Healing Center	206.523.1206	■	■	Groups for preschool through age 60+; see website for more details	Donation based	King County	healingcenterseattle.org/support-groups
Multicare: Loss, Grief and Bereavement Services	King/Pierce: 253.301.6400 Ask for bereavement		■	Bimonthly, 8-week group sessions; registration required; Tacoma offers individual support; please call for more information	Free	Auburn, Puyallup, Kent & Tacoma	multicare.org/services-and-departments/multicare-home-health-hospice/support-resources/grief-services/
Providence Hospice of Seattle	King: 206.749.7702 Snohomish: 425.261.4807 Thurston, Mason, Lewis: 360.493.4684	■	■	Individual & group; please call for detailed information	Free	King County	providence.org/locations/wa/hospice-of-seattle/grief-support-services

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Virginia Mason Franciscan Health Grief Services	206.223.6398		■	Individual & group; call for location	Group free	First Hill Seattle	virginiamason.org/grief-services
YMCA of Pierce & Kitsap Counties: Journey to New Beginning After a Loss Support Group	253.460.8916		■	Group, see website for meetings by location	\$30 for Y member / \$45 comm. member	Pierce & Kitsap County	ymcapkc.org/lifeuniversity

Grief-specific Support Groups

Cancer Pathways	206.709.1400		■	Call for details about group offerings or register for groups online.	Free	Bellevue	cancerpathways.org/programs/support-groups/
Crisis Connections Survivors of Suicide Support Groups	866.427.4747 or sign up on website		■	Drop-in support group 1st & 3rd Monday of the month; also 6-week Bereavement Group for loved ones at least 6 months after the suicide	Drop-in support is free; 6-week group \$200, insurance may cover & limited scholarships available	Seattle	crisisconnections.org/survivors-of-suicide-support-groups/
Finding Light After Darkness: Those who lost a loved one to homicide	Leslie at leslie@victimssupportservices.org or call King County 425.271.0305, Snohomish/Island County 425.252.6081, Whatcom/Skagit County 360.756.1780		■	10-week group session; intake required	Free	North King County	victimssupportservices.org/help-for-victims/support-groups/
Forefront: Loss to Suicide	206.543.1016	■	■	This website provides information about local support groups according to county; please refer to website for local groups	various	various	intheforefront.org/need-help/bereaved-by-suicide/
Harborview Center for Sexual Assault and Traumatic Stress	206.744.1600	■	■	Individual crisis counseling with trauma-specific treatment	Initial appointment is free; counseling services vary and may be covered by insurance	First Hill, Seattle	depts.washington.edu/uwhatc/services/therapy/
Widowed Information and Consultation Services	206.241.5650		■	Support groups for those who have lost a partner or spouse	Donations accepted, but not required	Ballard, Bellevue, Covington, Renton, Auburn	kcwics.org/meetings/

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Grief Support Groups for Children & Families							
BRIDGES (Mary Bridge Children's Hospital)	253.403.1966	■	■	Grief Support Group (qualification is you have to have a child)	Free and welcomes donations	Tacoma & Puyallup	marybridge.org/services/bridges-center-for-grieving-children/
Compassionate Friends: Supporting Family After a Child Dies	206.241.1139 for Federal Way chapter, 206.721.3306 for Seattle chapter		■	Federal Way group meets 2nd Wednesday, 6:30 PM; Seattle group meets on 3rd Thursday, 7 PM	Free	Seattle, Federal Way, Peninsula, Kirkland, Friday Harbor, Battle Ground, Olympia, Sequim	compassionatefriends.org/find-support/family-support/
Journey Program (Child's Death) Children's Hospital	206.987.2062	■	■	Seattle group meets on 3rd Thursday of each month, 7 PM, 500 30th Ave S., Seattle, WA 98144		King County	seattlechildrens.org/clinics/grief-and-loss/
Parent Support of Puget Sound (Support for Miscarriage, Stillbirth and Infant Loss)	Refer to website for specific contact details; 425.686.9451		■	Group; different support groups per city; please refer to website for local city & contact	Free	Various	psfpugetsound.org/how-ps-can-help/support-groups/
Safe Crossings	206.225.5816 206.320.4000	■		Group and individual; please call program coordinator for more details	Free	King County	providence.org/locations/wa/hospice-of-seattle/safe-crossings-pediatric-grief-program
Soundcare Kids	360.493.5928	■	■	Registration required; group meets in four, 6-week sessions each year, 90 min. each; Thursday 6:15-7:45 PM	Free	Olympia	washington.providence.org/services-directory/services/s/soundcarekids
TEARS Foundation	253.535.4228 or 253.312.4843 for Puyallup, 206.599.9865 for South King County		■	Pregnancy and infant loss; Puyallup and South King County groups meet on the 1st Thursday of each month.	Free	Renton, Puyallup	thetearsfoundation.org/supportgroups
Wild Grief	360.358.3213	■		Group wilderness therapy (day hikes, backpacking); day hikes open for all ages, backpacking for ages 13-19 years	Free, with backpacking supplies also provided	Varies, day hikes in South Sound	wildgrief.org