

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.

UW Medicine
VALLEY
MEDICAL CENTER

Agency	Contact Information	Children	Adult	Group or Individual?	Cost	Area	Website
American Cancer Society	800.227.2345		■	Please call for more information; available 24 hours a day, 7 days a week	Free	Various locations from Seattle to Tacoma	cancer.org/aboutus/howwehelpyou/helpingyougetwell/community-programs-services
Bereaved Parents Support Group	Liz Houlihan at 206.523.9748 or liz@stbridgetchurch.org OR Tom and Angie Johnson at 206.524.5651		■	Group; meets the 3rd Monday each month	Call for more info	Seattle	stbridgetchurch.org/outreach
Bonney-Watson	Barbara Gilreath: 206.277.5425, Davonna: 206.277.5415, SeaTac: 206.242.1787, Capitol Hill: 206.322.0013	■	■	Individual; Free, Group; 1st and 3rd Thurs: 6:30-8PM, Seatac:16445 International Blvd Seatac, WA 98188, 2nd and 4th Thurs 6:30-8PM, Capitol Hill: 1732 Broadway, Seattle WA 98122	Free	Seattle & Seatac	bonneywatson.com
BRIDGES (Mary Bridge Children's Hospital)	253.403.1966	■	■	Grief Support Group (qualification is you have to have a child)	Varies: \$5-75 a month	Tacoma & Puyallup	multicare.org/bridges-center-grieving/
Cancer Lifeline	206.297.2500		■	Group sessions, please register online	Free		cancerlifeline.org/classes/online-catalog-home-page
Cancer Pathways (Cancer specific)	206.709.1400		■	Overlake Medical Center; meets every 2nd & 4th Thursday of each month	Free	Bellevue	gildasclubseattle.org/activities/index.php?tid=3#tab_nav
Compassionate Friends: Supporting Family After a Child Dies	206.241.1139		■	Group meets 2nd Wednesday @ 6:30PM St. Francis Hospital 34515 9th Ave S, Federal Way, WA	Free	Seattle, Federal Way, Peninsula, Kirkland, Friday Harbor, Battle Ground, Olympia, Sequim	tcfseattle.org/meetings/default.html

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Evergreen	425.899.1077		■	Groups meet on Tuesdays for six consecutive weeks, at either 12:30-2:30PM or 7-9PM	Donation sug. \$30	King County	https://evergreenhealth.com/for_patients/medical_services/grief_and_bereavement/bereavement_support_groups
Forefront: Loss to Suicide	206.543.1016	■ website	■ website	This website provides information about local support groups according to county, please refer to website for local groups in your area	various	various	intheforefront.org/washington
Franciscan - Grief: Hospice Loss Support Group	253.534.7000		■	Group; registration required	Free	various	https://chifranciscan.org/Classes-and-Events/Support-Groups/Grief-and-Loss/
Grief Support Group - St. Elizabeth Hospital	360.802.8800		■	Group; Location: St. Elizabeth Hospital, Cedar Room (main floor near gift shop) Open, drop in welcome, meets bimonthly	Free	Enumclaw	https://chifranciscan.org/Classes-and-Events/Support-Groups/Grief-and-Loss/
Highline Hospital Groups	206.431.5373 x5400			Grief Support Group; Drop in, 1st and 3rd Wednesday 2-3:30PM: Highline Cancer Center Meditation Room - 16233 Sylvester Rd SW, Burien WA 98166	Free	King County	highlinemedicalcenter.org/calendar/index.php?cid=5645
Journey Program (Child's death) Children's Hospital	206.987.2062			Individual & group support offered; Please call for more info			seattlechildrens.org/clinics-programs/grief-and-loss/
Kent Senior Activity Center	253.856.5150		■ 50+	Group; varies, please call for specific dates; drop ins welcome. 600 E Smith St, Kent, WA 98030	Free	South King County	
Multicare: Helping Loved Ones Through the Grieving Process	253.301.6400; Ask for Bereavement		■	Grief support groups require registration; please call for more information; Tacoma location offers individual support	Free	Auburn, Puyallup, Kent & Tacoma	multicare.org/hhh-hospice-loss/
Mothers Against Drunk Driving	877.623.3435		■	Victim Services 24-Hour Help Line	Free		madd.org/about-us/contact-us/

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Northwest Infant Survival & SIDS Alliance	206.548.9290		■	Offers information about various support groups from other organizations			nwsids.org/Support%20Groups
Parent Support of Puget Sound (Support for Miscarriage, Stillbirth and Infant Loss)	refer to website for specific contact details		■	Group; different support groups per city; please refer to website for local city and contact	Free	various	psopugetsound.org/how-ps-can-help/support-groups/
Providence	206.749.7702 425 Pontius Ave N, Suite 300, Seattle			Group; Drop in 1x only; People who experienced loss within the last 3 months; When: Second Saturday of each month, 10:00-11:30AM	Free	King County	washington.providence.org/in-home-services/hospice-of-seattle/programs-and-services/grief-support/events-and-group-calendar/
Providence Hospice of Seattle	206.749.7702	■	■	Individual & group; please call for detailed information	Free	King County	washington.providence.org/in-home-services/hospice-of-seattle/programs-and-services/grief-support/for-adults/
Psychiatry and Counseling Clinic	800.469.3979		■	Individual & group support, please call for more info	Varies	South King County	valleymed.org/psych/
Renton Area Youth & Family Services: Grief Counseling	425.271.5600	■		Individual; Medicaid covers sessions	Medicaid, cash 85\$ an hr, sliding fee scale	King County	rays.org/programs/kincare/
Safe Crossings	206.320.4000	■	■	Support is mainly for children (individual & group) - please call Beverly Goldsmith for more details; Adult support (individual & group) is Bruce Milne 206.749.7702, please call for more info	Free	King County	washington.providence.org/in-home-services/hospice-of-seattle/programs-and-services/grief-support/for-children-and-teens/
Soundcare Kids	360.493.5928	■	■	Registration required; Group meets in four six-week sessions each year, 90 min each; Tuesday evening groups meet in Lacey and Thursday evening groups meet in West Olympia	Free	Olympia	washington.providence.org/in-home-services/soundhomecare-and-hospice/bereavement-services/soundcarekids/

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St. Stephen's Grief Support Group	253.631.1940		■	Group; Meets 3rd Sunday of the month at 1PM 13055 SE 192nd, Renton WA 98058	Free	King County	ststephenslife.com/
Suicide Survivors Support Groups	Please check website for detailed contact information	■	■	Website provides information on various support groups in different cities		Various	doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/YouthSuicidePrevention/SuicideSurvivorSupportGroups
Victim Support Services Crisis Line	1.800.346.7555			Phone only	Free		victimsupportservices.org/help-for-victims/support-groups/
Finding Light After Darkness: Those who lost a loved one to homicide	Colleen Ingalls: 425.271.0305		■	10 week group session; intake required. Please contact Colleen for more information	Free	North King County	victimsupportservices.org/help-for-victims/support-groups/
Swedish Edmonds Bereavement Support	Kathy Albin: 425.640.4404		■	Various support groups; please refer to website for details		North King County	swedish.org/classes-and-resources/bereavement-support
TEARS Foundation	253.200.0944		■	Group; please check website for location of specific group support meetings	Free	Lakewood, Kent, Puyallup	thetearsfoundation.org/page.php?id=23
The Healing Center	206.523.1206	■	■	Children follow school calendar - Tues & Wed only / ongoing group (adults only): 6409 1/2 Roosevelt Way NE, Seattle, WA 98115	Donation base	King County	healingcenterseattle.org
Virginia Mason: Separation & Loss Services	206.223.6398		■	Individual & group; call for location	Group free/ indiv – ins or grant funds	First Hill Seattle	https://virginiamason.org/SeparationandLossServices
Widowed Information and Consultation Services	206.241.5650		■	Varies meeting locations based on city; please see website for more info	donation base	King County	kcwics.org/Meetings.htm
YMCA of Pierce & Kitsap Counties: Journey to New Beginning After a Loss Support Group	253.460.8916		■	Group, please call for more info	\$30 for Y member / \$45 comm. member	Pierce & Kitsap County	ymcapkc.org/lifeuniversity