



## THE HEALING CENTER

### Grief & Crisis Resources in the Greater Seattle Area

*While we try our best to update this information, we hope you will contact these services directly to verify the availability and cost.*

General Loss			
Name	Format	Location & Time	Cost & Information
Kaiser Permanente Bereavement Support	Programs open to Kaiser members, their families & the public. May include classes, support groups, short-term bereavement counseling and educational material mailings. Ongoing	FMI contact the Kaiser Permanente Bereavement Services coordinator for your area.	No fee. Bereavement Services Coordinators can be reached by calling the contact numbers below: Seattle area: 206-326-4549 Snohomish County: 1-888-954-2509 Southeast King County: 188-781-3573 Pierce and Kitsap counties: 253-274-4627 All other regions: 1-888-781-3573
Adult Grief/Loss	Adult group for those grieving a loved one. Led by Tammy Weitzman, Clinical Social Work/Therapist, LICSW	Seattle Grief Therapy  1818 Westlake Ave, 308 Seattle, WA 98109	Four sessions for \$400, but can inquire about flexible payment plans.  FMI: 206-202-0823 <a href="http://www.psychologytoday.com">www.psychologytoday.com</a> <a href="mailto:tammyweitzman@gmail.com">tammyweitzman@gmail.com</a>
Bereavement support	Providence Hospital-adult partner/spouse loss group. Intended for loss within the last 18 months.  Safe Crossings is the children and teen's support group. They	Virtually on the second Thursday of each month from 3-4:30 pm  Seattle & Issaquah	Programming is free. Adult Group: 206-749-7702 Children and Teen's Programming: 206-749-7723 <a href="https://www.providence.org/locations/wa/hospice-of-seattle/grief-support-services?scref=globalsearch">https://www.providence.org/locations/wa/hospice-of-seattle/grief-support-services?scref=globalsearch</a>

	host events, school groups, and monthly support groups.		
Grief support	A variety of groups are offered by Swedish, Edmonds including groups survivors of suicide and traumatic loss	Programs are running virtually at this time.  Edmonds	425-640-4404  <a href="https://www.swedish.org/classes-and-resources/bereavement-support">https://www.swedish.org/classes-and-resources/bereavement-support</a>
Chaplaincy Grief Care	10 week support groups and drop in groups for adults with a variety of different losses	Virtually and in-person  Kennewick	No Fees 509-783-7416 <a href="https://chaplaincyhealthcare.org/grief-care/">https://chaplaincyhealthcare.org/grief-care/</a>
Grief Share group meetings	Groups hosted at numerous churches throughout the greater King County area	Various Locations, meeting both in person and online	Cost depends on specific group, ranging from free to \$35  <a href="https://www.griefshare.org/">https://www.griefshare.org/</a>
Not Another Support Group	Support group for widowers lead by Brian Hartzman, a fellow widower.	Contact for next session information.	No fee <a href="https://www.brianhartzman.com/nasg">https://www.brianhartzman.com/nasg</a>  FMI: <a href="mailto:brian@brianhartzman.com">brian@brianhartzman.com</a>
Grief 101 with PNW Grief	8 week support group for bereaved individuals that focuses on why people experience grief the way they do. Lead by Brian Hartzman. PNW Grief also offers other events and programming. More info available on their website.	60 minute sessions for 8 weeks on Monday evenings or Wednesday mornings. Meetings are held virtually.	\$45/session  FMI: <a href="mailto:Support@PNWGrief.com">Support@PNWGrief.com</a>  <a href="https://www.pnwgrief.com/grief-101">https://www.pnwgrief.com/grief-101</a>

<p>Recognizing Grief- Virtual Ongoing Grief and Loss Support Groups with CHI Franciscan</p>	<p>Intended to support those who are grieving a loss within the first 16 months.</p>	<p>Virtual and Various Virginia Mason Locations</p> <p>Daytime Groups: 1<sup>st</sup> Friday of the month, 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday</p> <p>Evening Groups: 2<sup>nd</sup> &amp; 4<sup>th</sup> Monday</p>	<p>Free</p> <p>Contacts: Sandy Bochonok (360) 782-6337, Sarah Winn (206) 965-2904, or Chaplain Julie Vaughn (206) 901-8532 or email <a href="mailto:julievaughn@chifranciscan.org">julievaughn@chifranciscan.org</a></p>
<p>The Dinner Party</p>	<p>The Dinner Party is a platform for bereaved 20-, 30-, and early 40-year olds looking for peer communities. Their programming started in person but is now operating virtually. They have plans to begin holding in-person events again soon.</p>	<p>Varies depending on when hosts and volunteers are available. Those interested are encouraged to check their online schedule.</p>	<p>They are a non-profit organization, but they offer their services on a \$5/month membership model for their community. They also offer an identical <a href="#">no-cost membership</a> for those that chose that option. For more information on their membership model, please click <a href="#">here</a>.</p> <p>FMI or to get started please visit: <a href="https://www.thedinnerparty.org/">https://www.thedinnerparty.org/</a></p>
<b>Mental Health Support Groups</b>			
<p>NAMI Seattle</p>	<p>Groups for people living with various mental health challenges as well as their family members/caregivers</p>	<p>Various locations</p>	<p>Call/Text: (425) 298-5315 FMI: <a href="mailto:helpline@namiseattle.org">helpline@namiseattle.org</a></p> <p><a href="https://namiseattle.org/nami-seattle-support-groups-other-community-groups/">https://namiseattle.org/nami-seattle-support-groups-other-community-groups/</a></p>
<p>Pace</p>	<p>Virtual weekly meetings with small groups of people who come together to work on their emotional and mental health.</p>	<p>Virtual Support Group</p>	<p>\$89/month</p> <p><a href="https://pace.group/">https://pace.group/</a></p>

**Immediate Resources**

<b>Crisis Connections</b>	24 hour Crisis Line: 866-427-4747
<b>Safe Crossings Foundation's Resource Web Page</b>	<a href="https://safecrossingsfoundation.org/2021/01/12/community-resources/">https://safecrossingsfoundation.org/2021/01/12/community-resources/</a>
<b>Center For Loss-</b> Books, blogs, seminars, and resources to learn the fundamentals of grieving.	<a href="https://www.centerforloss.com/">https://www.centerforloss.com/</a>
<b>What's Your Grief-</b> books, blogs, podcast episodes, online classes, and more to offer a space for sharing and support.	<a href="https://whatsyourgrief.com/">https://whatsyourgrief.com/</a>
<b>NAMI Seattle-</b> articles, help lines, and other resources for those struggling with grief and other mental health issues.	<a href="https://namiseattle.org/">https://namiseattle.org/</a>