



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.

Children's Groups			
Name	Format	Time & Location	Cost & Information
Bridges Program at the Bridges Center	Program for children who have experienced the death of a parent or sibling.	Bridges group meets in Tacoma, Bridges East meets in Puyallup.	253-403-1966
Passages Program at the Bridges Center	Program for children who have experienced the death of an extended family member or friend.	Tacoma	253-403-1966
Camp Erin	For children and teens ages 6 to 17, Camp Erin is a weekend long bereavement camp for children who are grieving a significant person in their lives.	Camp Erin is held in the summer at Camp Seymour, 22 miles west of Tacoma	Free of cost 253-403-1966 Alexander.Tarasar@providence.org https://www.marybridge.org/services/bridges-center-for-grieving-children/services/
Camp Erin Online	Just like traditional Camp Erin programming, Camp Erin Online Family Workshops will offer support for youth and families who are grieving the death of	Virtual over Zoom Held throughout the course of the year, not just in the summer.	Free of cost. KellyPetersohn@elunanetwork.org https://elunanetwork.org/camp-erin-online/programs/ce-program-1

	a significant person in their lives.		
SoundCareKids with Providence Hospital	Four six-week sessions are offered each year. Children age 5 to 18 are placed in groups by age and lead in groups by Master's level counselors.	Weekly on Thursdays during the sessions Olympia	Free (360) 493-5928
Mental Health Support Groups			
NAMI Seattle	Groups for people living with various mental health challenges as well as their family members/caregivers	Various locations	Call/Text: (425) 298-5315 FMI: helpline@namiseattle.org https://namiseattle.org/nami-seattle-support-groups-other-community-groups/
Pace	Virtual weekly meetings with small groups of people who come together to work on their emotional and mental health.	Virtual Support Group	\$89/month https://pace.group/
Immediate Resources			
Crisis Connections		24 hour Crisis Line: 866-427-4747	
Washington State's Mental Health Youth Referral Service		(833) 303-5437, Monday through Friday from 8 a.m. to 5 p.m.	
Safe Crossings Foundation's Resource Web Page		https://safecrossingsfoundation.org/2021/01/12/community-resources/	
Center For Loss- Books, blogs, seminars, and resources to learn the fundamentals of grieving.		https://www.centerforloss.com/	
What's Your Grief- books, blogs, podcast episodes, online classes, and more to offer a space for sharing and support.		https://whatsyourgrief.com/	
NAMI Seattle- articles, help lines, and other resources for those struggling with grief and other mental health issues.		https://namiseattle.org/	