

THE HEALING CENTER

Adult Grief & Crisis Resources in Washington

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

Name	Format	Location & Time	Cost & Information
Evergreen Health Grief and Bereavement	Various six week groups and one day programs	Various – some virtual, some in-person in Kirkland, WA.	Free. For more information call (425) 899-1077 or visit https://www.evergreenhealth.com/health-services/grief-bereavement/ Programs serve those who have experienced a death of a loved one within the last 13 months
Multicare: Loss, Grief, and Bereavement Services	Telephone outreach M-F 8-5 for individual support; 8-week in-person support group sessions, registration required	King/Pierce/ Kitsap County: Auburn, Puyallup, Kent & Tacoma	Free. For more information, call (253) 301-6400, ask for bereavement program or visit multicare.org/services/ home-health-hospice/resources-support-services/
A Sacred Passing	Offers various grief support groups, including those who have had a loved one who chose Medical Aid in Dying (MAiD) or Voluntarily Stopping Eating and Drinking (VSED)	Some are virtual, in-person groups are in South Seattle or West Seattle	Free (206) 494-0023 https://asacredpassing.org/community-care-events
Wild Grief	Peer support programs in nature for grieving youth,	Walks, hikes, backpacking, and	Free (360) 358-3213 https://www.wildgrief.org/

	families, and people of all ages	camping trips in the Puget Sound region	
GRASP—Grief Recovery After a Substance Passing	Group for individuals who have lost a loved one through substance use	First Thursday of Each Month In-person Snohomish Second Wednesday of Each Month in-person South Seattle Virtual Meeting Second Thursday of Each Month	Free Contact Snohomish: seameruok@msn.com (425) 344-3520 Contact South Seattle: SouthSeattleGRASP@gmail.com More info: http://grasphelp.org/community/meetings/united-states-chapters/washington/
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	Contact the Kaiser Permanente Bereavement Services coordinator for your area	No fee Seattle/Eastside/King County area: 206-326-4549 Pierce and Kitsap counties: 253-620-2627 All other regions: 1-888-781-3573
Grief Share group meetings	Groups hosted at numerous churches throughout Washington	Various Locations, meeting both in person and online	Cost depends on specific group, ranging from free to $25 https://www.griefshare.org/
Not Another Support Group	Support group for widowers lead by Brian Hartzman, a fellow widower	Last Tuesday of the month, contact for details	No fee group for men https://www.brianhartzman.com/nasg FMI: brian@brianhartzman.com
Virginia Mason Grief Support Services	Individual and group services after natural death (such as cancer, heart disease)	8 week, 2 hour virtual groups	No fee joan.strecker@commonspirit.org
GenPride	Peer led grief support groups for LGBTQ+	In person group 2nd & 4th Tuesdays	Free

	seniors age 50+ and their caregivers	5:00 PM - 6:30 PM Online group 1st & 3rd Thursdays from 3:30 - 5:00 pm	https://genprideseattle.org/programs/ To reserve your spot, contact Katharina at 1-206-800-1226 or Katharina@genprideseattle.org
A Resting Place	Offers a peaceful refuge for navigating separation & loss through writing, art, and bereavement resources	Grief & loss cultural resource center located in Seattle's Chinatown-International District	No Cost https://sites.google.com/view/arestingplace/home A Resting Place deeply values and uplifts the grief of Asian, Pasifika, Black, Brown, Indigenous and immigrant people in the PNW and beyond
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/

Immediate Resources	
Crisis Connections	24 hour Crisis Line: 866-427-4747
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/