

Puget Sound Grief Support Services

Art with Heart

(206) 362-4047

artwithheart.org

Creates and distributes therapeutic books, supportive trainings and programs to help children dealing with the stress and strain of hardship and trauma.

Bridges

(253) 403-1966

multicare.org/bridges-center-grieving

Offers support groups for children ages 4-18 who have experienced the death of a parent or sibling or who are living with someone who is seriously ill.

Cancer Lifeline

(206) 297-2100

cancerlifeline.org

Offers free classes, consultations, 24-hour support line, and community center for individuals and families who are living with cancer.

Cancer Pathways

(206) 709-1400

cancerpathways.org

Provides educational and emotional support resources for anyone touched by cancer. Free of charge support groups, classes, lectures, workshops, seminars, and social events.

Harborview Center for Sexual Assault and Traumatic Stress

(206) 744-1600

hcsats.org

Provides services to help persons impacted by sexual assault and other traumatic events.

Crisis Connections

(f.k.a. Crisis Clinic)

(206) 461-3210

crisisconnections.org

CC Cares program provides support to families after suicide loss. Also provides support to teens through TeenLink and various crisis lines.

Evergreen Hospital & Medical Center

(425) 899-1077

evergreenhealth.com/grief

Provides peer support groups for children and teens. Parents meet separately in their own group. Art, music, storytelling, and ritual are part of the healing process.

Forefront Suicide Prevention

(206) 543-1016

intheforefront.org

Offers support for persons affected by suicide.

The Healing Center

(206) 523-1206

healingcenterseattle.org

Provides a safe environment for people to move through their grief. Support groups for widowed men and women, teens and children; individual counseling and family support.

Inspire Youth Project

(206) 628-8949

bit.ly/inspYP

Provides emotional support and advocacy to children and teens at risk through support groups, mentor programs, summer camp, and teen programs. Special programs for youth affected by HIV/AIDS.

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Safe Crossings Program & Camp Erin – King County

(206) 320-4000 - Safe Crossings Program
(206) 749-7691 - Camp Erin King County
bit.ly/scf-ce

Provides services to children and families dealing with the terminal illness and/or death of a loved one from anticipatory stages of grief and throughout the bereavement process in the form of individual and group support sessions.

Seattle Children's Hospital Journey

(206) 987-2062
seattlechildrens.org/clinics/grief-and-loss
Provides individual, couple, and family support following the death of a child whether or not the child was cared for by Seattle Children's Hospital.

Separation and Loss Services – Virginia Mason

(206) 223-6398
virginiamason.org/separation-and-loss-services
Provides counseling, psychiatric assessment, and medication management to those who have lost loved ones due to sudden, violent death; primarily homicide survivors.

SoundCareKids

(360) 493-5928 or (877) 620-3286
bit.ly/SoundCareKids
Offers a support program for children, adolescents and their families who are coping with a family member's serious illness or grieving a loved one's death.

Providence Hospice & Home Care of Snohomish

(425) 261-4800
bit.ly/ProvHHCS
Provides grief support and education for adults and children.

Our Treehouse

(260) 223-6681
our-treehouse.org
Support groups for teens and children, and parenting support.

Swedish/Edmonds Bereavement Program

(425) 640-4404
swedish.org/classes-and-resources/bereavement-support
For people who are looking for a safe, confidential place to discuss the death of a loved one, and how they are coping.

Wild Grief

wildgrief.org
Leads safe, supportive wilderness trips for youth who are grieving a death, providing a unique experience of connection, support and challenge to help them heal.

Youth Eastside Services

(425) 747-4937
youtheastsideservices.org
Provides evidence-based mental health counseling, substance use and co-occurring counseling and treatment, psychiatric services, and education and prevention programs to help children, teens and families.