



Information on Grief and Loss

Experiencing grief and loss at any age is difficult. Here are some resources to help you or your child navigate this difficult time.

Support Groups & Counseling:

The Healing Center (NE Seattle)

- <https://healingcenterseattle.org>
- (206) 523-1206

Grief and Life Transitions (Seattle)

- 206-362-9094

Evergreen Grief and Bereavement (Kirkland)

- 425-899-1077

Support for families experiencing the death of a child:

Journey Program at Seattle Children's

- (206) 987-2062
- www.seattlechildrens.org/clinics/grief-and-loss

Support for children:

Providence Hospice Safe Crossings

- (206) 652-4723
- <https://washington.providence.org/services-directory/services/g/grief-support>

Camp Erin

- <https://elunanetwork.org/camps-programs/camp-erin/>

Support for parents losing a child of any age:

The Compassionate Friends

- (206) 241-1139

Websites:

Center for Loss & Life Transitions

- www.centerforloss.com

For Families - Safe Crossings

- <https://safecrossingsfoundation.org/>

What's Your Grief?

- www.whatsyourgrief.com

Books:

Books for young people about death and loss:

- www.notifbutwhen.org

Death is Stupid

by Anastasia Higginbotham

When Someone Very Special Dies: Children can learn to cope with grief (drawing out feelings)

by Marge Heegaard

Talking about Death: A Dialogue Between Parent and Child

by Earl Grollman

How Do We Tell the Children? A Step-by-Step Guide for Helping Children & Teens Cope When Someone Dies

by Dan Schaefer

Healing Your Grieving Heart for Kids: 100 Practical Ideas

by Alan D. Wolfelt, Ph.D.

Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers

by Alan D. Wolfelt, Ph.D.

The Healing Your Grieving Heart Journal for Teens

by Alan D. Wolfelt, Ph.D.

A Time to Grieve

by Carol Staudacher