



## 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](http://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>

*Support for parents losing a child of any age:*

#### **The Compassionate Friends**

- (206) 241-1139

### Websites:

#### **Center for Loss & Life Transitions**

- [www.centerforloss.com](http://www.centerforloss.com)

#### **What's Your Grief?**

- [www.whatsyourgrief.com](http://www.whatsyourgrief.com)

### Books:

#### **Books for young people about death and loss:**

- [www.notifbutwhen.org](http://www.notifbutwhen.org)

#### ***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