

It can be scary and uncomfortable to talk about grief, but most of us are feeling it--kids, teens, and adults, and while we can't fix it or make it go away, we can recognize it and give each other the space and support that our community needs. We have provided links to a variety of grief and bereavement resources. We do not endorse specific options, but rather provide this information to enable you to make the best choices for yourself.

## RESOURCES FOR ALL

### **Community Home Health & Hospice**

[chhh.org/services/grief-support/](http://chhh.org/services/grief-support/)

Offers a safe place to find hope and healing with personalized, free support. Anyone who has lost a loved one may participate. All support services are free of charge and facilitated by staff and volunteers with specialized grief training.

### **Crisis Connections**

[crisisconnections.org/survivors-of-suicide-support-groups/cc-cares/](http://crisisconnections.org/survivors-of-suicide-support-groups/cc-cares/)

A program for providing mentorship and support to families and survivors grieving from a loss of a loved one from suicide.

### **Grief Share**

[GriefShare.org](http://GriefShare.org)

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

### **Heal Grief**

[HealGrief.org](http://HealGrief.org)

A social support network that is there when everyone else goes away, and the real grieving begins. Everything they do is inspired by their core belief no one should ever grieve alone. Actively Moving Forward® (AMF) is a national network created in response to the needs of grieving young adults (Available as an app).

### **Healing Center**

[healingcenterseattle.org/](http://healingcenterseattle.org/)

The Healing Center in Seattle has support groups, resources, and programs for adults, children, and families experiencing loss. They will respond to [requests for services](#) within 48 hours.

### **People's Memorial Association - Resources**

[peoplesmemorial.org/resources/grief-support/](http://peoplesmemorial.org/resources/grief-support/)

People's Memorial Association seeks to reduce challenges during the difficult time when a loved one dies.

### **What's your Grief**

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

A website offering resources, helpful suggestions, community and really cool online courses for those grieving as well as those who are supporting griever, including podcast episodes.

## GRIEF COUNSELORS

### **Cat Southerland at Traverse Therapy Services** \*Takes most insurance

Ages 12+

206-853-7364

[www.psychologytoday.com/us/therapists/traverse-therapy-services-llc-kirkland-wa/](http://www.psychologytoday.com/us/therapists/traverse-therapy-services-llc-kirkland-wa/)

### **Justin Hoo** \*Does not take insurance, some sliding scale spots available

18+

[www.turnthepagecounseling.com/](http://www.turnthepagecounseling.com/)

## GRIEF COUNSELORS

**Kristen Wallace at Bloom Therapy** \*Does not take insurance, sliding scale spots full

Ages 12+

[www.bloomtherapypllc.com/](http://www.bloomtherapypllc.com/)

**Michelle Schneider at Thriving Connections**

Kids, teens, families & parents

[www.thrivingconnectionstherapy.com/](http://www.thrivingconnectionstherapy.com/)

Personally recommended by Camp Leo + ConnecT1D staff members.

**Tolani Ogunyoku at Full Hearts Therapy** \*Takes Premera Insurance

[www.fullheartstherapy.com/](http://www.fullheartstherapy.com/)

## CHILDREN, TEEN & FAMILY GRIEF RESOURCES

**Grief Activity Guide and Programming for School Counselors**

[seattleu.edu/media/college-of-education/graduatedegrees/schoolcounseling/Grief-Resource.pdf](http://seattleu.edu/media/college-of-education/graduatedegrees/schoolcounseling/Grief-Resource.pdf)

PDF guide provides ideas for activities, conversation starters, and arts and crafts projects that help children and families process grief.

**Kids Grief**

[kidsgrief.ca](http://kidsgrief.ca)

Free online resource center helps caregivers provide support to children when someone important in their life has passed away.

**National Alliance for Grieving Children**

[childrengrieve.org/find-support/9-find-support/54-programs-in-washington](http://childrengrieve.org/find-support/9-find-support/54-programs-in-washington)

Their website helps you locate programs in any area.

**Safe Crossings Children's Grief Program**

[washington.providence.org/services-directory/services/safe-crossings-childrens-grief-program](http://washington.providence.org/services-directory/services/safe-crossings-childrens-grief-program)  
206-749-7723

Safe Crossings is a program for King County children and teens who are facing or have experienced the death of someone significant in their lives.

**Safe Crossings Foundation**

[safecrossingsfoundation.org/find-support/](http://safecrossingsfoundation.org/find-support/)

National program to help connect families with grief resources.

**Separation and Loss services at Virginia Mason**

[virginiamason.org/separation-loss-services-team](http://virginiamason.org/separation-loss-services-team)

Director Ted Rymearson is personally recommended by Camp Leo + ConnecT1D staff member, and is himself a survivor of suicide, the program is especially relevant for suicide. A personal connection can be made if requested.

**Sesame Street in Communities: Helping Kids Grieve**

[sesamestreetincommunities.org/topics/grief/](http://sesamestreetincommunities.org/topics/grief/)

Website offering free resources, education and support for families experiencing grief.

**Teenage Grief Sucks**

[teenagegriefsucks.com/](http://teenagegriefsucks.com/)

A website written by grieving teens. Teens can read stories written from the perspective of their peers and share their own stories as well

**What's Your Grief - Podcast - Supporting a Grieving Teenager**

[podcasts.apple.com/us/podcast/supporting-a-grieving-teenager/id946757971?i=1000343702601](http://podcasts.apple.com/us/podcast/supporting-a-grieving-teenager/id946757971?i=1000343702601)

Supporting a grieving teenager or young adult can be a pretty big head scratcher for parents and professionals. Although teens are a lot like adults when it comes to grief, there are a few key differences due to personal history, social support, and stage of life.