

2020-2021

RESOURCE GUIDE

A complete Resources Guide to help local resident identify and utilize Grief & Loss support resources in the Tacoma Pierce County area.



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YOUR WAY TO THE WORLD

Name: Bereavement Support Groups and Grief Counseling offered at MultiCare - Good Samaritan Home Health and Hospice

Address: 3901 S Fife St Tacoma WA 98409

Phone: 253-301-6400

Hours: Business office: M-F, 8am-5pm Phones: 24 hours daily

Description: Bereavement Support: Support groups are open to the public. Participants share experiences and feelings and learn coping skills. Groups are offered in various locations throughout the service area. Information and Assistance: Limited telephone support is available to anyone who has experienced a loss due to death. Referrals to community resources and written material can be mailed at no charge.

Eligibility: Bereavement Support Groups: Support groups are open to the public. Holiday workshops are available to anyone. Grief counseling: Counseling is offered for one year to families and friends of patients who received care from Multicare Hospice.

Intake Process: Call for information.

Required Documents:

Fees: None.

Travel Info: Business office is wheelchair accessible. Services are provided in clients' homes.

Email:

Website: <https://www.multicare.org/home-health-hospice-palliative-grief/>

Name: Support Group offered at Memories

Address: 10806 240th St E Graham WA 98338

Phone: 253-279-3071

Hours: Call for more information.

Description: Offers a safe place for parents who have no surviving children to talk about their feelings, and the child that has died. Parents who would like to talk can call to arrange for coffee or other meet-ups. Special gatherings are held in December, May and July at different times/locations.

Eligibility: For adults who have lost one or more of their children and have no surviving children.

Intake Process: Call for more information.

Name: Educational Programs and Referral Services offered at Northwest Infant Survival & SIDS Alliance

Address: 4649 Sunnyside Ave N Suite 350 Seattle WA 98103

Phone: 206-548-9290

Hours: M-F, 10am-4:30pm.

-Description: Provides phone support and referrals to additional support services for families, friends and coworkers who have lost a child to SIDS and other sudden infant death. Provides safe sleep education and outreach to new parents, health professionals, childcare providers and anyone who may have contact with infants or those who care for them. Offers training for first responders in Infant Death Investigation. Provides free portable cribs for families in need through Cribs 4 Kids program.

-Eligibility: Bereavement Support: - Families, friends and coworkers who have lost a child to SIDS or other sudden infant death. Crib Eligibility: - Below 50% AMI - Do not currently have a permanent or portable crib - Infant younger than six months.

-Intake Process: Call for information.

-Required Documents:

-Fees: None.

Travel Info: Call King County Metro at (206) 553-3000 or visit

<http://tripplanner.kingcounty.gov/> for public transit information.

Email: execdirector@nwsids.org

Website: <http://nwsids.org>

Name: Parent Support Services offered at Parent Support of Puget Sound

Address:

Phone: 425-686-9451

Hours: Online Facebook groups are available any time. In person groups are offered at various times per month.

-Description: Coordinates support groups for parents who have experienced miscarriage, stillbirth or infant loss. Groups are held in Seattle, Bellevue, Edmonds, Everett, Auburn and Olympia. Telephone support is also available as well as a private Facebook group. Offers special programs, such as an annual memorial service "Walk To Remember," and a lending library.

-Eligibility: No restrictions.

-Intake Process: Call, email or visit Facebook page or website for more information.

-Required Documents:

-Fees: None.

-Travel Info: None

-Email: info@psopugetsound.org

-Website: <http://psopugetsound.org/how-ps-can-help/support-groups/>

Name: Support Groups offered at Grief Share

Address:

Phone: 800-395-5755

Hours: Call or visit website to find a group in your area. Support group hours vary.

Description: Offers seminars and support groups led by people who understand the grieving process. Resources help those grieving recover from their loss and look forward to rebuilding their lives. Each session has three distinct elements: video seminar with experts, support group discussion with focus, and workbook-based personal study and reflection.

-Eligibility: Anybody who is grieving a loss.

-Intake Process: Call or visit website to find a local support group.

-Required Documents:

-Fees: Possible small fee for registration and/or workbook.

-Travel Info:

-Email: info@griefshare.org

-Website: <http://www.griefshare.org/findagroup/>

Name: Support Groups offered at Mothers of Magnitude - MOM

Address: None

Phone: 253-254-6549

Hours: Please call or register online for support group time and location.

Description: Provides a peer grief support group for mothers of deceased children. The group meets to discuss their grief, share experiences and provide tips for navigating the grief process. Attendees from any geographical area are welcome.

Eligibility: Welcomes mothers and motherly figures of deceased children, such as grandmothers and aunts who were involved in the daily care of the child.

Intake Process: Please call or register online for support group time and location.

Required Documents:

Fees: Group is free. Does ask for some donations to help cover the costs of using the facility.

Website: <http://www.mothersofmagnitude.com>

Name: Grief Support Resources offered at The TEARS Foundation

Address: 11102 Sunrise Blvd E Suite 112 Puyallup WA 98374

Phone: 253-200-0944

Hours: M-Th, 8am-4pm

Description: Facilitates monthly support groups in Renton and Puyallup for families grieving the loss of a child. Connects newly bereaved parents with peer companions, as well as grief counseling resources in the community.

Eligibility: Families grieving the loss of a child.

Intake Process: Call for more information. Support group locations and times available on website.

Required Documents:

Fees: None.

Travel Info:

Email: office@thetearsfoundation.org

Website: <http://www.thetearsfoundation.org/page.php?id=61>

Name: Pregnancy Loss and Perinatal Hospice Support - Lavender Tree offered at Care Net Pregnancy and Family Services - So Hill Puyallup

Address: 11102 Sunrise Blvd E Suite 107 Puyallup WA 98374

Phone: 877-668-2566

Hours: 24 hours daily

Description: Support for pregnant women/families who are or have faced a pregnancy loss (miscarriage, stillbirth). Also for women/families who have received an adverse pregnancy diagnosis and desire to continue their pregnancy. Peer counselors available who personally experienced the bittersweet journey of a pregnancy with an adverse prenatal diagnosis. Support available throughout pregnancy. Advocate to help with connections to community agencies specializing in pregnancy and grief needs. Advocate between family and hospital staff if needed.

-Eligibility: No restrictions for receiving information and referrals.

-Intake Process: Call and ask for Lavender Tree Information. May also e-mail lavendertree@carenetps.org.

-Required Documents:

-Fees: None.

-Travel Info: Located in Sunrise Medical Campus. From the intersection of 176th and Meridian, travel east onto Sunrise Blvd. The Medical Center is located at the intersection of 110th Ave E and Sunrise Blvd. Care Net is in the first building on the west side of the building.

Email: puyallup@carenetps.org

Website: <http://www.carenetps.org>

Name: Family Grief Support Services offered at Bridges: A Center for Grieving Children - East

Address: 402 15th Ave SE Puyallup WA 98372

Phone: 253-403-1966

Hours: M-F, 8:30am-5pm

-Description: Family grief support center that serves families with children ages 4-18 who have experienced the death of someone significant. Services include - parent loss, sibling loss and broad loss (grandparent, friend, etc.) support groups, - a support group for children ages 4-18 who are living with someone who is chronically ill, critically ill, or seriously ill.

-Eligibility: No restrictions.

-Intake Process: Call the Center for more information on support group meeting times and formats.

-Required Documents:

-Fees: Suggested \$75 monthly family pledge (sliding fee scale, may be as low as \$5).

-Travel Info:

-Email:

-Website: <http://www.marybridge.org/bridges>

Name: Survivor Outreach Services - SOS offered at Armed Forces Community Service - AFCS Annex

Address: Corner of Liggett Ave & 12th S Waller Hall Joint Base Lewis-McChord WA 98433

Phone: 253-966-5047

Hours: M-F, 7:30am-4:30pm

-Description: Offers long-term support to surviving Family members: - conducts research focus groups, - provides information and referral services, - relocation support financial planning, and - money and debt management.

-Eligibility: Must be a survivor of a deceased Service member.

-Intake Process: Drop-in or call for an appointment.

-Required Documents:

-Fees: None.

-Travel Info:

-Email:

Website: http://www.jblmmwr.com/acs/acs_sos.html