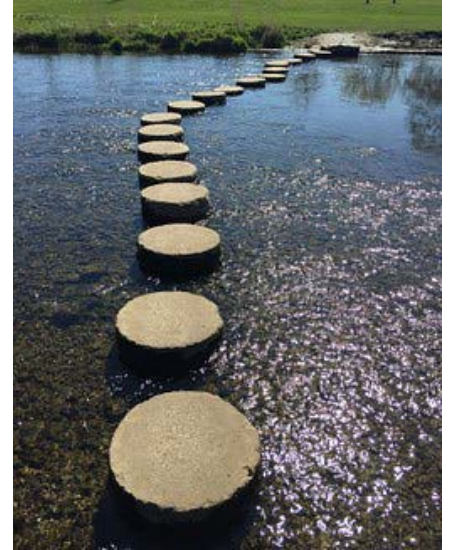




丧亲支持服务 资源，支持小组和书籍

这份手册列出了支持小组、当地和网上资源，以及你可能在悲伤时发现有用的书籍。

大多数支持小组需要您先注册才能参加。请致电您想参加的支持小组的机构，确定日期、时间和地点。



我们希望当你度过悲伤的时候，这些资源对你有帮助。

支持小组和信息

西雅图市

社区信息

资源热线: 866.427.4747

24小时危机热线提供危机支持。

西雅图普罗维登斯临终关怀中心: 206.320.4000

西雅图市中心附近。提供悲伤与丧亲的信息，并提供支持小组和咨询。

凯撒医疗临终关怀中心: 206.326.4549

支持小组在金郡多处聚会。您不需要成为团体健康的成员来参加支持小组。

康复中心: 206.523.1206

在西雅图东北地区。提供悲伤与丧亲的信息，并提供支持小组和咨询。

悲伤与人生转折点: 206.362.9094

提供悲伤与失落的信息，并提供支持小组和咨询。

Virginia Mason 离别与丧亲: 206.223.6398

布里恩市

Highline 居家健康和临终关怀: 206.901.8532

提供悲伤与失落的信息，并提供支持小组和咨询。

金郡东部

Evergreen 悲伤与丧亲中心: 425.899.1077

提供悲伤与失落的信息, 并提供支持小组和咨询。

Overlake 医院: 425.688.5308

只提供因癌症去世的丧亲支持小组。

埃德蒙兹市

埃德蒙兹市瑞典医院: 425.640.4404

提供悲伤与失落的信息, 并提供支持小组和咨询。

埃弗里特市

斯诺霍米什郡临终关怀中心: 425.261.4800

提供悲伤与失落的信息, 并提供支持小组和咨询。

塔科马

multicare 临终关怀中心, 金郡和皮尔斯郡: 253.301.6400

multicare 临终关怀中心, 基策普郡: 253.459.7566

提供悲伤与失落的信息, 并提供支持小组和咨询。

CHI Franciscan 临终关怀中心: 800.338.8305

提供悲伤与失落的信息, 并提供支持小组和咨询。

专项丧亲支持小组

- 丧亲儿童:

Providence Hospice Safe Crossings 支持小组: 206.652.4723

帮助年幼儿童的支持小组。

- 丧亲父母:

The Compassionate Friends 支持小组: 206.241.1139

任何年龄的儿童死亡的支持小组。

- 丧偶/失去伴侣:

丧偶信息和咨询: 206.241.5650

年轻丧偶支持小组: 206.441.3556

50岁以下的鳏夫寡妇。

- 突发性/创伤性死亡:

海景医院虐待与创伤中心: 206.744.1600

全国罪案受害者中心: 202.467.8700

Mothers Against Drunk Driving: 877.275.6233

- 艾滋病去世:

Peer Seattle for AIDS 支持小组: 206.322.2437

西雅图外的资源

如果您居住在大西雅图地区外，请联系您当地的临终关怀中心咨询丧亲资源。您可以拨打703.837.1500联系全国临终关怀与安宁机构NHPCO来获取您当地的临终关怀中心。或访问NHPCO网站www.nhpco.org。

请照顾好自己和接受您家人，朋友和丧亲顾问的支持。

网络资源

- 美国临终关怀基金会: www.americanhospice.org
- 全国癌症研究所 – 悲伤，丧亲和失落应对:
www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2

悲伤与失落的书籍

Safe Passage 安全通道

Molly Fumia 著

这是一本关于悲伤冥想的易于阅读的书籍。作者引用原文引导我们从悲伤走向治愈和希望。

Tear Soup 眼泪汤

Pat Schwiebert和Chuck DeKlyen 著, Taylor Bills 绘

该绘本是为失去亲人的儿童和成人准备的。主角是一位名叫格兰迪的老妇人，她遭受了重大打击。格兰迪的眼泪汤安慰了她，并帮助填补了她失亲后生命的空虚。

A Time to Grieve 悲伤时刻

Carol Staudacher 著

这本书是帮助您度过悲伤困难时期的伴侣。如果您仍然感到失去的影响，它包括直接与你对话的冥想。无论你所爱的人是在什么时候去世的，或者你处于什么悲伤的过程中，这本书都是有帮助的。

***In Lieu of Flowers* 鲜花替之**

Nancy Cobb 著

没有错误的悲伤方式，但是故事讲述了作者如何面对失去父母和其他亲人的离世提供了一个健康的例子。这本书充满了智慧和幽默，这本书提醒我们要和我们所爱的人保持联系，无论是活着的还是死去的。

哀悼与戒律 Mourning and Mitzvah

Anne Brener 著

这本引导性日志适合那些在哀悼路上经历悲伤到愈合的人。为那些哀悼死亡或任何一种失去的人，或那些支持失去亲人的人，这本书教会了悲伤过程的强度和力量。

中年孤儿 Midlife Orphan

Jane Brooks 著

这本书帮助成年子女了解年迈的父母去世后他们生活中发生的变化，并为之悲伤。我们经常用“孤儿”这个词来指年幼的孩子，但即使是中年人也能感受到孤儿的痛苦。

在你离去前我就开始想

你了。我会一直爱着

你，直到记忆把你带

回。

- Molly Fumia

疑虑?

您的问题很重要。如果您有问题或顾虑，请联系我们。

华大医疗社工和护理协调部

Montlake Campus:

206.598.4370

Northwest Campus:

206.668.1304

海景医疗社工部 Social Work:

206.744.8030



Bereavement Support Services

Resources, support groups, and books

This handout lists support groups, local and online resources, and books you may find helpful in your time of grief.

You will need to register for most support groups before you attend them. Please call the agency whose support group you would like to attend for the date, time, and location.



We hope that you find these resources helpful as you move through your time of grief.

Support Groups and Information

Seattle

Community Information

Resource Line: 866.427.4747

A 24-hour crisis line offering crisis support.

Providence Hospice of Seattle: 206.320.4000

Near downtown Seattle. Provides information on grief and loss and offers support groups and counseling.

Kaiser Permanente Hospice: 206.326.4549

Support groups meet in many places in King County. You do not need to be a Group Health member to join a support group.

Healing Center: 206.523.1206

In Northeast Seattle. Provides information on grief and loss and offers support groups and counseling.

Grief and Life Transitions: 206.362.9094

Provides information on grief and loss and offers support groups and counseling.

Virginia Mason Separation and Loss: 206.223.6398

Burien

Highline Home Health and Hospice: 206.901.8532

Provides information on grief and loss and offers support groups and counseling.

East King County

Evergreen Grief and Bereavement: 425.899.1077

Provides information on grief and loss and offers support groups and counseling.

Overlake Hospital: 425.688.5308

Offers bereavement support groups for cancer death only.

Edmonds

Swedish Edmonds: 425.640.4404

Provides information on grief and loss and offers support groups and counseling.

Everett

Hospice of Snohomish County: 425.261.4800

Provides information on grief and loss and offers support groups and counseling.

Tacoma

Multicare Hospice, King and Pierce Counties: 253.301.6400

Multicare Hospice, Kitsap County: 253.459.7566

Provides information on grief and loss and offers support groups and counseling.

CHI Franciscan Hospice: 800.338.8305

Provides information on grief and loss and offers support groups and counseling.

Specialized Bereavement Support

- *For bereaved children:*

Providence Hospice Safe Crossings: 206.652.4723

Support for young children.

- *For bereaved parents:*

The Compassionate Friends: 206.241.1139

Support for the death of a child of any age.

- *For the death of a spouse or partner:*

Widowed Information and Consultation: 206.241.5650

Widowed Young Persons Support Group: 206.441.3556

For widows and widowers age 50 and younger.

- *For sudden/traumatic deaths:*

Harborview Abuse and Trauma: 206.744.1600

National Center for Victims of Crime: 202.467.8700

Mothers Against Drunk Driving: 877.275.6233

- *For death from AIDS:*

Peer Seattle for AIDS Support Groups: 206.322.2437

Resources Outside the Seattle Area

If you live outside the greater Seattle area, please call your local hospice and ask for bereavement resources near you. You can find your local hospice by calling the National Hospice and Palliative Care Organization (NHPCO) at 703.837.1500. Or, visit the NHPCO website at www.nhpco.org.

Please take good care of yourself and accept support from your family, friends, and bereavement counselors.

Internet Resources

- American Hospice Foundation: www.americanhospice.org
- National Cancer Institute – Grief, Bereavement and Coping with Loss: www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2

Books on Grief and Loss

Safe Passage

by Molly Fumia

This is an easy-to-read book of meditations on grieving. The author uses quotes and original writings to guide us through the passages of grief toward healing and hope.

Tear Soup

by Pat Schwiebert and Chuck DeKlyen, illustrated by Taylor Bills

This illustrated book is for both children and adults who have lost a loved one. The main character is an old woman named Grandy, who has suffered a major loss. Grandy's tear soup comforts her and helps fill the void in her life that her loss left.

A Time to Grieve

by Carol Staudacher

This book is a companion to help you through the difficult time of grief. It includes meditations that speak directly to you if you are still feeling the effects of your loss. This book can be helpful no matter when your loved one died or where you are in your grieving process.

In Lieu of Flowers

by Nancy Cobb

There is no wrong way to grieve, but the story of how the author managed to face the deaths of her parents and other loved ones provides a healthy example. Written with intelligence and humor, this book reminds us to stay connected with our loved ones, both living and deceased.

Mourning and Mitzvah

by Anne Brener

This guided journal is for anyone who is walking the mourner’s path through grief to healing. For those who mourn a death or any kind of loss, or for those who are supporting the bereaved, this book teaches the power and strength of the grieving process.

Midlife Orphan

by Jane Brooks

This book helps adult children understand and grieve the changes that occur in their lives when their elderly parents die. Often we use the word “orphan” to mean young children – but even middle-aged adults can feel the pain of being an orphan.

I started missing you long

before you were gone.

I’ll keep loving you long after

the memories bring you back.

- Molly Fumia

Questions?

Your questions are important. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

Montlake Campus:
206.598.4370

Northwest Campus:
206.668.1304

HMC Social Work:
206.744.8030