

Off-Campus Support Groups

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Grief & Loss Free Support Groups

EvergreenHealth Medical Center

Evergreen offers a variety of groups for those who have lost someone within the last 13 months. They have a support group called Hope for the Holidays, Spousal Loss Group, Creative Expression of Grief, among others.

- **Phone:** (425) 899-1077
- **Website:** [Evergreen Support Groups](#)

Kaiser Permanente

Groups are open to anyone including non-Kaiser members. There are also handouts on the website that can provide more information about the grieving process.

- **Phone:** Seattle (206) 326-4549; Snohomish County 1-888-954-2509; Southeast King County 1-888-781-3573
- **Website:** [Kaiser Support Groups](#)

Overlake Hospital

They offer grief support groups to anyone who has lost a family member in the community.

- **Phone:** (425) 688-5308
- **Website:** [Overlake Grief Support Groups](#)

Providence Hospital

They offer grief counseling services for adults, teens and children. They offer a variety of groups including one that is specific to males.

- **Phone:** (206) 749-7702
- **Website:** [Providence Support Groups](#)

Swedish Hospital

Swedish offers online/virtual classes that includes topics such as: Early Days of Grief; Journey for those who were expecting a death; Traumatic or Suicide Loss and they also offer a Learn More where they can provide information on other support groups.

- **Phone:** (425) 640-4404
- **Website:** [Support Classes](#)

The Healing Center

They offer grief and loss groups for spouse/partner loss, young adult support group, children's group, LGBTQ+ and adult children who have lost their parents.

- **Phone:** (206) 523-1206
- **Website:** [The Healing Center](#)

University of Washington Medicine

UW Medicine offers spiritual care and grief and loss services to members of the community. They can provide grief consultation, counseling, handouts as well as community resources.

- **Phone:** (206) 598-1614
- **Website:** [UW Medicine Bereavement Support](#)

Virginia Mason

VM offers classes for those who have lost a spouse, parent, child or other loved one in the last 13 months.

- **Phone:** 1-800-338-8305
- **Website:** [VM Grief and Loss Classes](#)

Mental Health Support Groups

Eastside CHADD (Children & Adults with Attention Deficit /Hyperactivity Disorder)

Please visit their website for free virtual meeting information.

- **Email:** INFO@Eastside-CHADD.org
- **Website:** [CHAD Groups](#)

HeyPeers

A website offering support for those recovering from substance abuse disorder and those living with a mental health condition. The groups meet online and some are free while other may have a cost.

- **Website:** [Online Groups](#)

SOS Eastside

Providing free group support to those who have lost a loved one to suicide. The group meets once a month at Redmond Library and one a month via Zoom.

- **Phone:** (425) 417-4194
- **Address:** Redmond Public Library – 15990 NE 85th St, Redmond, WA 98052
- **Website:** [SOS Support Groups](#)

NAMI

The National Alliance on Mental Illness provides free support groups in the following areas: Family support for those living with a loved one experiencing symptoms of a mental health condition; support for those living with a mental health condition; CBT support group; bipolar support group and spiritual support group for those that use spirituality in their recovery.

- **Phone:** (425) 885-6264
- **Website:** [NAMI Support Groups](#)

Washington Depression Bipolar Support Alliance (DBSA)

The support groups meet online on the 2nd and 4th Thursday of each month from 7-9pm. Anyone dealing with depression and bipolar disorders are welcome to attend, including family.

- **Email:** dbaseattle@gmail.com
- **Website:** [DBSA Support Group](#)