

GriefShare

<https://www.griefshare.org/>

- In-Person or Online Grief Support Group directory
- Videos and other tools to navigate loss and grief
- Topics covered: loneliness, fear, anger, regret, hope, surviving the holidays, and relationships
- Oak Harbor meeting at Church of the Nazarene at 360-675-0705 or Jacque Hildreth at 360-914-6122
- Langley meeting at Island Church of Whidbey, POC: Patricia Prendergast 509-679-8388

WhidbeyHealth Hospice

<https://whidbeyhealth.org/services/hospice/>

Laurie Johnson, Bereavement Coordinator

360-914-5635

- Grief Counseling / Support Group (for all community members, even if not on hospice)
- "Living with Loss" is a weekly group of 10 participants to discuss grief related topics
- Lending library of grief resources available
- Available in Freeland and Oak Harbor

Hospice of the Northwest

360-814-5550

<https://www.hospicenw.org/grief-services/>

- Bereavement Support (for all community members, even if not on hospice)
- One on One Counseling
- Grief and Loss Support Groups
- Lending library of community grief resources

Whidbey Island Grief Support

<https://whidbeygriefsupport.com/>

- Traumatic Grief Support Group
- In-Person Grief Support Group

Online Grief Support Group (Langley)

360-215-3635

<https://www.psychologytoday.com/us/groups/online-grief-classes-langley-wa/194973>

AARP

<https://www.aarp.org/search/?q=grief&c=everywhere>

- Articles on Grieving and Loss, Settling an Estate, After a Loved One Dies, and more

The Compassionate Friends

<https://www.compassionatefriends.org/>

- For parents grieving the loss of a child

Web Healing

<https://webhealing.com/>

- Articles, videos, memorials, and links to resources about grief

Psychology Today

<https://www.psychologytoday.com/us/therapists>

- Find a therapist near you or virtual
- Expertise, treatment approaches, and accepted health insurance listed in each profile



Island Senior Resources, Aging & Disability Resources Program (ADR)

- ADR provides objective information on aging and disability related programs and services.
- Exploring a variety of options before making decision regarding services is recommended.
- This information is intended as a reference, ADR does not recommend or endorse any providers.

Island Senior Resources strives to provide quality services. If you are not satisfied with the assistance you receive, a brief quality assurance survey and grievance policy is available upon request.