



After the death

It's been an honor assisting your loved one through the final stage of life. We want to make sure now that you also have the support you need. Please don't hesitate to reach out at any time to the Volunteer Client Adviser you worked with or to anyone at the EOLWA office. In addition, here are some other resources that can support you in this time of loss.

Counseling

Hospice: If your loved one was receiving hospice services, you will have access to grief support through the hospice. This will usually be free of charge and is helpful for many people whether it be some individual time with a grief counselor or a grief support group.

Local Grief Support Group:

End of Life WA offers a grief support group. Call the office for more details 206-256-1636 or visit the website.

The Healing Center in Seattle 206-523-1206 offers group counseling.

Therapists: Call our office for referrals to therapists in the Seattle area who have had experience with Death with Dignity and the grieving process.

Books

The Year of Magical Thinking by Joan Didion
When Things Fall Apart by Pema Chödrön

Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make It More Meaningful by Ashley Davis Bush
I'm Grieving as Fast as I Can by Linda Feinberg

Websites

<http://www.journeyofhearts.org/> (offering material on loss and changes in life)

<http://www.webhealing.com/> (Tom Golden's "Crisis, Grief and Healing" site)

<http://www.modernloss.com/> (focused on loss)

Podcasts

Try the www.whatsyourgrief.com podcast on iTunes. The *Dear Dougy* podcast was created by staff at the Dougy Center in Portland, OR, to help children deal with grief:

<http://www.dougy.org/index.php/grief-resources/podcasts/page/P36>

End of Life Washington

End of Life Washington is dedicated to providing people at the end of their lives with options for dying with dignity, in the manner they choose. We work to protect the tenets of the Death with Dignity law in the legislature and to educate the healthcare community in its use, as well as supporting individuals through the end of life. Our organization is funded entirely by public donations, and our volunteers provide their services free of charge. We do not expect but gratefully accept donations. Your gift will ensure that others across the state have continued access to support for their choices.

Here's how you can contact us:

Phone: 206.256.1646

Email: associate@endoflife.org

Website: www.endoflifewa.org