

Beaverton Death Café

Resource List

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Bereavement & Grief Support Resources

Providence Hospice

Providence Hospice offers bereavement support to individuals and families grieving the death of a loved one. All of our services are offered free of charge. A series of classes and support for those who are grieving a loss through death, designed to give an understanding of the grief process and to allow an opportunity to question, explore, and share experiences that will lead to growth, recovery, and healing.

Registration is limited. For class location information, questions or to register, please call 503-215-4622, or email Bereavement@providence.org¹

Care Partners Hospice & Palliative

At Care Partners Hospice & Palliative Care, we offer bereavement services to our family members and to our community. If you've experienced a loss within the past year, our support services may be able to assist you.

Facilitated by a Hospice Social Worker, the group invites attendees to discover healing and hope while dealing with loss. Participants can express and clarify their feelings in a safe and welcoming environment of support. (This group is designed for people with at least 3 months between the death of their loved one and the group start date.)

Please email Jennifer Nash, jennifer.nash@carepartnersor.org or call (503) 648-9565 for more information or to register.

Vet Center Program

The Department of Veteran Affairs (VA) offers bereavement counseling to parents, spouses and children of Armed Forces personnel who died in the service of their country. Also eligible are family members of reservists and National Guardsmen who die while on duty. VA's bereavement counseling is provided at community-based Vet Centers located near the families. There is no cost for VA bereavement counseling.

Contact Readjustment Counseling Service at 202- 461-6530 or email vetcenter.bereavement@va.gov

Compassionate Friends

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Meets at Elsie Stuhr Center, contact Phyllis at 503-324-2504.

Grief Share Groups (Church-sponsored)

Beaverton Foursquare Church - 503-819-3091

Living Waters Fellowship - 503-481-4653

The Dougy Center (Children & Youth) 503-775-5683

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Our children's support groups are designed around age, type of death, and the connection to the person who died. Parent/adult caregiver groups run at the same time as the children's support groups.

Dovelewis (Pet Loss Support)

24-Hour Message Line: 503-234-2061 or email petloss@dovelewis.org

Washington County Crisis Line (24/7 help)
503-291-9111

Mental Health Resources – Washington County

Washington County Resources and support:

Phone-based support for Oregon Seniors:

The Senior Loneliness Line: 503-200-1633

24/7 Warmline for lonely or isolated older adults. Service of LINES FOR LIFE.

<http://seniorlonelinessline.org>

Oregon Senior Peer Outreach & Short-term COVID-19 Senior Connection Calls – Enrollment process is currently EXPEDITED and services have EXPANDED

Peer support program, 55+ older adult peer callers are trained in intentional peer support, weekly calls to older adults through telephone and videocalls on “Grandpads”

Make a referral: <http://communitycounselingsolutions.org/senior-outreach/>

Service available in Spanish and English.

Senior Connection Calls: 1-833-736-4676

Local resources, support and services:

Washington County COVID-19 Supportive Counseling Program

Provides support to community members who need help related to the pandemic including help developing coping skills, resilience, supportive understanding in personal reactions, developing solutions, resolve loss, and overcoming difficulties. Referral to longer-term behavioral health if needed.

To request an appointment, please email COVIDCounseling@co.washington.or.us or call Washington County Behavioral Health at 503-846-4528.

Washington County Crisis Services: (call for mental health crisis, domestic issues, and substance abuse)

Washington County Crisis Line: 503-291-9111

In case of an emergency, call 911

Long Term Care Ombudsman Office – (503) 378-6533

Questions on resident rights and new regulations? Call your local ombudsman.

NAMI of Washington County, OR

Mental health support groups, programs and communities. Depression, anxiety, schizophrenia, hearing voices, LGBTQ+, grief, family, men's support

18680 SW Shaw St

Aloha, OR 97007-1250

(503) 356-6835

nami@washconami.org

<http://www.washconami.org>

COAST – Collaborative Older Adult Solutions Team –

Contact for complex case referrals, system navigation, behavioral consultation, interdisciplinary resource support

Contact for a case referral to COAST or for 1:1 support and questions: jennifer_robbins@co.washington.or.us

971-762-9727

Hoarding Disorder

Washington County Hoarding Committee

The Washington County Hoarding Committee provides is a multi-systems approach that provides resources, consultation and evidenced-based “Buried in Treasures” workshops for people needing support for hoarding behaviors.

bitt@co.washington.or.us

Tips on taking care of your mental and emotional health during COVID-19 isolation

1. Stay connected. Maintain social networks email, social media, video conferencing, telephone and by writing cards or letters. Many faith communities, community centers and libraries are offering programs and activities with others over the phone or by video. Call your local center to find out what's available. Call Oregon Senior Peer Outreach or the Senior Loneliness Line for live connection and support over the phone.
2. Maintain a routine. Get dressed, water the plants, read a book, eat meals at the table.
3. Engage in healthy activities that you enjoy and find relaxing.
4. Try to get some exercise – A walk around the block, a tai chi video, work in the garden, or do some chores.
5. Keep regular sleep routines. Get sunshine and exercise during the day, and develop a relaxing routine before bedtime.
6. Eat healthy food. Call the ADRC at [1-855-673-2372](tel:1-855-673-2372) to find local resources that can help with meal or grocery delivery.
7. **Keep things in perspective.** Public health agencies and experts in all countries are working to ensure the availability of best care to those affected. Our local government has been working to prepare emergency plans that affect our day-to-day activities. A pandemic is serious, but we know how to change our behaviors in order to protect the most vulnerable. Our local communities still have access to food, water and shelter. In your life, do you remember other times of struggle and uncertainty? How did you and your community cope during those times and what was it that brought you through it?
Remember, this crisis will end.
8. **TURN OFF THE NEWS.** It's good to stay informed with reliable sources of information, but a near constant stream of news reports can cause distress and anxiety. Seek information and practical guidance only at

specific times during the day. Avoid listening to rumors that make you feel uncomfortable. Get information by calling 211 or go to www.co.washington.or.us/hhs.

9. **Pay attention to your feelings.** If you are experiencing an emotional crisis, call the Washington County Crisis Line at 503-291-9111.