

Grief Support Opportunities in 2024

(April-June groups and workshops)

Unless otherwise noted, sessions are offered in-person at Trellis Supportive Care

(see page 2 for address). Advance registration is required; there is no charge for programs.

Call **(336) 331-1300** for more information or to register. See page 2 for session details.

4-Week Support Groups for Adults

Coping with the Death of a Spouse or Partner

April 19 – May 10: Fridays, 10:30 – 12:00 noon

June 7 – June 28: Fridays, 10:30 am – 12:00 noon

Coping with the Death of a Parent

April 16 – May 7: Tuesdays, 6:00 – 7:30 pm

Monthly Support Groups

Child Loss Connect Group (2nd Thursdays, 6:00 – 7:30 pm)

Virtual: May 9 and June 13

In-Person: April 11

Pet Loss Support Group (3rd Mondays, 6:00 – 7:00 pm)

Virtual: April 15 and June 17

In-Person: May 20

Writing Through Our Grief: Summer Workshops

3-month series with Kay Windsor; see p. 2 for more details.

Workshop #1: June 20, 10:00 – 11:30 am

COMMUNITY-BASED SESSIONS

Grief Support Workshops
 at the *Intergenerational
 Center for Arts and
 Wellness (Winston-Salem)*

We are proud to offer grief support in partnership with the new Generations Center. See page 2 for session dates and details.

Grief Support Workshops
 at *Rufty-Holmes Senior
 Center (Salisbury)*

Education & coping support for Rowan County residents, age 55+. Call **(704) 216-7714** to register and for address.

April 16 and May 14
 10:00 – 11:30 am

Grief Education Workshops

Pregnancy & Infant Loss Workshop

Information and resources for parents who have experienced the death of a child through pregnancy loss, still birth, or during infancy: April 22, 6:00 – 7:30 pm

Compass: Grief Education & Resources for Newly Bereaved Adults

Explore common themes and coping strategies to help you navigate the first

6 months after a loss: April 25, 10:00 – 11:00 am

June 18, 6:00 – 7:00 pm

Space is limited; Pre-registration for all groups & workshops is required.

See reverse for location; Call **(336) 331-1300** for assistance. See page 2 for more.

Trellis Supportive Care
Grief Counseling Opportunities, April-June 2024 (p. 2)



**3 Grief Support Workshops at the
Intergenerational Center for Arts and Wellness:**

Location: 114 W. 30th Street, Winston-Salem, NC 27105 (beside Senior Services)

Registration: Call Trellis Supportive Care at (336) 331-1300

Remembrance Workshop for Children & Families: April 15, 6:00 – 7:30 pm

For K – 12th graders who are grieving the death of a loved one. Families will work together to create a memory banner that can be hung in a special place at home. Children & teens must be accompanied by at least one participating adult.

Contemplative Photography and Mindfulness Practices: May 14, 6:00 – 8:00 pm

Discover how mindfulness can help uncover beauty that exists in the present moment, helping to calm and settle busy minds. Your camera will be your trusted guide as you unlock a new lens on the world that reflects and supports your grief. Bring your own mobile device or digital camera to the workshop.

“Intro to Grief” Workshop: May 21, 10:00 – 11:00 am

Grief education and resources for newly bereaved adults. Like our Compass Workshops, this session explores common themes and coping strategies to help you navigate the first 6 months after a loss.

Additional Information about Grief Support Groups & Workshops

Location for in-person sessions at Trellis Supportive Care:

Trellis Supportive Care Main Campus, Williams Education & Counseling Center
101 Hospice Lane, Winston-Salem, NC 27103

Camp Carousel 2024 registration is open! See our website for details and registration.

Coping with the Death of a Spouse or Partner and **Coping with the Death of a Parent** groups provide education about the grief process, help build healthy coping skills, and connect members with others grieving similar losses. Open to adults; a brief intake and registration paperwork are required before joining a group. Membership is closed after the first group meeting. Plan to attend all sessions of the 4-week series.

The **Pregnancy & Infant Loss Workshop** provides information and resources for parents who have experienced the death of a child through pregnancy loss, still birth, or during infancy. Participants will receive a brief intake call prior to the workshop session.

Writing Through Our Grief reflective workshops are led by local author and writing group leader Kay Windsor. Through the use of prompts, Kay will guide you through gentle reflections that honor your loved one and support deeper connections with yourself. Attend 1 or all 3 workshops, Jun – Aug.

**This schedule is regularly updated. Call (336) 331-1300 or visit our
website TrellisSupport.org for more information.**