



As a Collaborative Partner, Trellis Presents These Programs

You may know us as a hospice care provider, yet we offer so much more help and support. That's why we are excited to partner with the Intergenerational Center for Arts and Wellness to present the following programs in 2024.

① **Caregiver Confidence Workshops** • February 20, 10:00 am – 1:00 pm

Learn tips and gain tools to help ease the stress of caring for a loved one. Confidence building topics include organizing medical information, home safety, fall prevention, caring for yourself, safe transfers in and out of bed/chair, preventing bed sores, managing incontinence, and much more. To register, call (336) 408-9217.

② **Advance Care Planning Workshops** • February 8 and March 14, 2:00 pm – 3:30 pm

We plan for college, weddings, vacations, but so few prepare for end-of-life. Let's change that. These workshops, also known as Got Plans? Workshops, will help participants document their wishes by creating a Living Will and a Healthcare Power of Attorney. Most of all, these workshops give peace of mind to you and your loved ones who may one day be your caregiver. To register, call (336) 408-9217.

③ **Grief Support Workshops** • Feb 20, 10:00 am – 11:00 am

Grieving is a natural part of healing after the death of a loved one. But you don't need to face it alone. Our "Intro to Grief" workshop for adults provides resources and coping support. To register, call (336) 331-1300.

④ **Veteran Connections** • March 22 and May 24, 9:00 am – 11:00 am

Join us for a veteran coffee event that will connect you with other veterans and local resources. Coffee and refreshments provided. No RSVP required. All veterans may attend.

All programs are offered at no cost.