

## 2023 Coping with the Holidays Workshops



The holiday season can present unique challenges when you are grieving the death of a loved one. These workshops will provide grief education, support, and strategies for navigating the holidays.

### Workshops for Adults

Receive helpful tips, guides, and support before and during the holidays. Each session includes a time of remembrance. Attend one or more workshops.

#### Workshops at Trellis Supportive Care in Winston-Salem

Evening Session: Tuesday, November 14, 6:00 – 7:30 pm

Daytime Session: Thursday, December 7, 10:00 – 11:30 am

#### Workshop at Rufty-Holmes Senior Center in Salisbury\*

Daytime Session: Tuesday, November 14, 10:00 – 11:30 am

\*call (704) 216-7714 to register

### Workshops for Children & Families

This workshop for K – 12<sup>th</sup> graders offers support to kids who are grieving the loss of a loved one. Each family group will create a memory banner to display at home. **Children and teens must be accompanied by at least one participating adult.**

#### Workshop at Trellis Supportive Care in Winston-Salem

Evening Session: Tuesday, November 14, 6:00 – 7:30 pm

#### Workshop at the Intergenerational Center for Arts and Wellness in Winston-Salem

Evening Session: Thursday, December 7, 6:00 – 7:30 pm

#### In-person session guidelines:

In-person group sessions are currently mask-optional for participants and staff. We encourage group members to remain flexible, as guidelines for participation could change based upon Trellis Supportive Care requirements. **Complete guidelines and location information will be shared after registration.**

Pre-registration is required; there is no charge for participation.

Please call **(336) 331-1300** for assistance. [www.TrellisSupport.org](http://www.TrellisSupport.org)