

2018 Grief Counseling Services (January-June)

Location for all groups: Hospice & Palliative CareCenter
101 Hospice Lane • Bldg 121 • Williams Education & Counseling Center
Winston-Salem, NC 27103

Mindful & Creative Coping Workshops

Next Steps: Moving into 2018 with Intention

Monday, January 22, 6:00 – 7:30 pm

Remembrance Workshop for Children, Teens, & their Families

Thursday, February 8, 6:00 – 7:30 pm

Writing Toward Healing

Monday, May 14, 9:30 am – 12:00 noon

Monday, June 11, 9:30 am – 12:00 noon

7-Week Grief Support Groups

Coping with the Death of a Spouse/Partner

Day Session: 1:30 – 3:00 pm

Begins Monday, February 5

Evening Session: 6:00 – 7:30 pm

Begins Tuesday, February 6

Coping with the Death of a Parent

Begins Monday, February 5, 6:00 – 7:30 pm

Monthly Grief Support Groups

Left Behind: A Group for Survivors of Suicide

2nd and 4th Tuesdays of each month, 6:00 – 7:30 pm

January 9 & 23; February 13 & 27; March 13 & 27; April 10 & 24; May 8 & 22; June 12 & 26

Coping with the Death of a Child

2nd Tuesday of each month, 6:00 – 7:30 pm

January 9, February 13, March 13, April 10, May 8, June 12

Journey: Teen Workshop

Thursday, April 26, 6:00 – 7:30 pm

See reverse side for group descriptions. There is no fee for groups or workshops. Space is limited; advance registration is requested. To register, call 336-768-6157, ext. 1600.

2018 Grief Counseling Services Group Descriptions

Next Steps: Moving into 2018 with Intention

Enter this new year equipped with helpful tools for grieving well. This educational and experiential workshop will help you identify self-care approaches to ground you, help you utilize an intention to guide you, and introduce you to practices and skills to grow resiliency on the grief journey. Call (336) 768-6157, ext. 1600 to register.

Remembrance Workshop for Children, Teens, & their Families

February is a special month for remembering loved ones. This workshop will give families an opportunity to create a *memory banner* that can be hung on a mantle or in another special spot at home. Light refreshments will be served. Children and teens must be accompanied by at least one participating adult. Call (336) 768-6157, ext. 1600 to register.

Writing Toward Healing

You need not consider yourself a writer to attend these workshops. Please join us for an opportunity to explore feelings in a safe environment. Through writing, you will gently probe, reflect, remember, and reconsider. These workshops offer opportunities for you to honor your loved ones, reimagine your life now, and discover inner resources. Call (336) 768-6157, ext. 1600 to register.

7-Week Grief Support Groups

Support groups are designed to offer education about the grief process, and to build coping skills within a supportive environment. In order to join a 7-week counseling group, participants must attend the first and/or second group meeting(s). After the second group meeting, membership is closed. Space is limited; pre-registration is required. Call (336) 768-6157, ext. 1600 to register.

Left Behind: A Group for Survivors of Suicide

A mutual support group for family and friends of those who have died by suicide. A brief intake interview is required before joining the group. Call (336) 331- 1300 for more information.

Coping with the Death of a Child

A monthly bereavement support group for parents coping with the death of a child of any age. A brief intake interview is required before joining the group. Call (336) 331- 1300 for more information.

Journey: Teen Workshop

A bereavement workshop for teens, ages 13 through high school graduation. Through the use of the creative arts, participants will explore feelings, gain practical coping skills, and connect with a supportive peer group. This workshop is open to new and returning participants. Call (336) 331-1348 for more information and to register.

Camp Carousel: July 16 – 20, 2018

Supporting the Grief Journey for
children, teens, and adults
(see flyer for registration information)