

# 2018 Grief Counseling Services

## (September – December)

**Location for all groups:** Trellis Supportive Care  
101 Hospice Lane • Bldg 121 • Williams Education & Counseling Center  
Winston-Salem, NC 27103

### 7-Week Grief Support Groups for Adults

#### **Coping with the Death of a Spouse/Partner**

**Evening Session:** 6:00 – 7:30 pm  
Begins Monday, September 17

**Day Session:** 2:00 – 3:30 pm  
Begins Tuesday, September 18

#### **Coping with the Death of a Parent**

Begins Tuesday, September 18, 6:00 – 7:30 pm

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### Moving Forward: Coping with Suicide Loss

A group for those who have lost a loved one to suicide.  
Call (336) 331-1333 for more information about group sessions.

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### Monthly Support Group

#### **Coping with the Death of a Child of Any Age**

2nd Tuesday of each month, 6:00 – 7:30 pm  
September 11, October 9, November 13\*, December 11  
\*Meet jointly with the *Coping with the Holidays* workshop on November 13.

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### Journey: Teen Workshop

Thursdays, 6:00 – 7:30 pm  
October 4 & December 6

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### 'Coping with the Holidays' Workshop for Adults

Tuesday, November 13, 6:00 – 7:30 pm  
Thursday, December 6, 2:00 – 3:30 pm

#### **See reverse 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: September – December**

#### **7-Week Support Groups for Adults**

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. Open to adults. Call (336) 768-6157, ext. 1600 to register.

#### **Moving Forward: Coping with Suicide Loss**

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. Open to adults. Call (336) 331-1333 for more information.

#### **Monthly Support Group: Coping with the Death of a Child of Any Age**

A monthly bereavement support group for adults 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.

#### **'Coping with the Holidays' Workshop for Adults**

An educational workshop for adults to support healthy coping during the holiday season and to remember loved ones. Please call (336) 768-6157, ext. 1600 for more information and to register.

Additional information about **Trellis Supportive Care** services may be found at [www.TrellisSupport.org](http://www.TrellisSupport.org). Visit the Grief Counseling page for current group offerings or to complete an online request for individual counseling.