

Grief Counseling Opportunities in 2019

Advance registration is required; there is no charge for services.

Please see reverse for session descriptions and registration information.

Call (336) 331-1300 for assistance.

6-Week Grief Support Groups for Adults

Coping with the Death of a Parent

Begins September 17: Tuesdays, 6:00 – 7:30 pm

Coping with the Death of a Spouse or Partner

Evening group begins September 16: Mondays, 6:00 – 7:30 pm

Daytime group begins September 19: Thursdays, 10:00 – 11:30 am

Coping with the Death of a Child of Any Age

Monthly Support Group

Meets 2nd Tuesdays, 6:00 – 7:30 pm

May 14, June 11, July 9, August 13, September 17*, October 8 & December 9

*Sept. date occurs on 3rd Tuesday; Nov. session will join holiday workshop

Moving Forward: Coping with Suicide Loss

7-Week Grief Education and Support Groups

Begins May 30: Thursdays, 6:00 – 7:30 pm

Begins September 19: Thursdays, 6:00 – 7:30 pm

Coping with the Holidays: Workshops for Adults

October Session: Thursday, October 10, 6:00 – 7:30 pm

November Session: Tuesday, November 12, 6:00 – 7:30 pm

December Session: Tuesday, December 10, 10:00 – 11:30 am

More Opportunities for Support

Writing Through Our Grief: Workshops for Grieving Adults with Kay Windsor

Mondays: June 10, July 8,
August 12 & September 9
9:30 am – 12:00 noon

Trellis Supportive Care Book Club

Tuesday, December 10
6:00 – 7:30 pm
More information to come!

New this year:
Pet Loss Support for Adults
3rd Mondays, 6:00–7:00 pm



Camp Carousel Registration is open! See flyers for details.

Location for groups and workshops, unless otherwise specified: Trellis Supportive Care •

Williams Education & Counseling Center • 101 Hospice Lane, Bldg. 121 • Winston-Salem, NC 27103

Trellis Supportive Care

Grief Counseling Services: Description of 2019 Groups & Workshops

6-Week Grief 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 6-week counseling group, participants must attend the first and/or second group meeting(s). After the second group meeting, membership is closed. Pre-registration is required. Open to adults.

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

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. Open to adults.

Call (336) 331- 1300 for more information.

Moving Forward: Coping with Suicide Loss

Support for adults who are grieving the loss of a loved one to suicide. Support groups provide education about the grief process, help to build healthy coping skills, and connect members with others grieving similar losses. In order to join a 7-week group, participants must attend the first and/or second group meeting(s). After the second group meeting, membership is closed. A brief intake interview is required before joining the group. Call (336) 331-1333 for more information.

Coping with the Holidays: Workshops for Adults

Educational workshops 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.

Writing Through Our Grief: Workshops for Grieving Adults with Kay Windsor

You need not consider yourself a writer to attend these workshops. 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. Open to adults. Participants may attend one or more sessions during the series. Call (336) 768-6157, ext. 1600 to register; see flyer for more information.

Pet Loss Support Group for Adults

Bereavement support for adults grieving the loss of a beloved pet or animal companion. Advance registration is required. Call (336) 331-1300 for more information and to register.