

# Grief Counseling Opportunities in 2019

## (January – June 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.



Trellis Supportive Care  
**BOOKCLUB**

### 6-Week Grief Support Groups for Adults

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

Begins February 11: Mondays, 6:00 – 7:30 pm

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

Evening group begins February 12: Tuesdays, 6:00 – 7:30 pm

Daytime group begins February 28: Thursdays, 10:00 – 11:30 am

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

#### **Monthly Support Group**

Meets Tuesdays, 6:00 – 7:30 pm

January 8, February 12, March 12, April 9, May 14 & June 11

### Moving Forward: Coping with Suicide Loss

#### **7-Week Grief Education and Support Groups**

Winter Group begins February 21: Thursdays, 6:00 – 7:30 pm

Summer Group begins May 30: Thursdays, 6:00 – 7:30 pm

### Upcoming Creative Grief Support Offerings

(see reverse for information)

<b>February</b>	Remembrance Workshop for Children, Teens & their Families
<b>Spring Series</b>	<i>Caring for the Creative Self</i> : a collaboration with Sawtooth School for Visual Art's Art+Wellness Program
<b>Summer Series</b>	<i>Writing Through Our Grief</i> : Workshops for Grieving Adults

Join us for a series of  
**book clubs, focusing upon  
themes of grief and loss:**

#### **Monday, January 14**

6:00 – 7:30 pm

*Bearing the Unbearable:  
Love, Loss, and the  
Heartbreaking Path of Grief*  
by Joanne Cacciatore, PhD

#### **Tuesday, April 23**

6:00 – 7:30 pm

*It's OK That You're Not OK:  
Meeting Grief and Loss in a  
Culture That Doesn't  
Understand* by Megan  
Devine

**Location: Bookmarks**  
634 W. 4<sup>th</sup> Street  
Winston-Salem, NC 27101  
(free parking behind building)

Call (336) 331-1300 for more  
information.

**Location for groups and workshops**, unless otherwise specified: Trellis Supportive Care  
Williams Education & Counseling Center • 101 Hospice Lane, Bldg. 121 • Winston-Salem, NC 27103

updated 12/17/18

## **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.

#### **Remembrance Workshop for Children, Teens, and their Families**

**Thursday, February 7, 6:00 – 7:30 pm**

February is a special month for remembering loved ones. This workshop will offer families an opportunity to create a memory banner to share at home. Children and teens must be accompanied by at least one participating adult. Call (336) 768-6157, ext. 1600 to register.

#### **Caring for the Creative Self**

**Collaboration with Sawtooth School for Visual Art's Art+Wellness Program**

**7-week Spring Series begins April 1**

This workshop series weaves together gentle yoga practices, journaling prompts, and mixed media drawing exercises that will ignite your creativity and fill your emotional well. Take this special opportunity to reinvigorate your body, mind, and spirit. Group sessions will take place at Sawtooth Center for Visual Art. Call (336) 331-1300 for session details.

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

**Mondays, 9:30 am – 12:00 noon**

**Monthly Summer Sessions begin on June 10**

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.