

# Grief Counseling Opportunities in 2020

## (January – May)

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.

### 5-Week Grief Support Groups for Adults

#### **Coping with the Death of a Spouse or Partner (evening)**

February 17 – March 16: Mondays, 6:00 – 7:30 pm

April 21 – May 19: Tuesdays, 6:00 – 7:30 pm

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

February 18 – March 17: Tuesdays, 6:00 – 7:30 pm

April 20 – May 18: Mondays, 6:00 – 7:30 pm

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

February 20 – March 19: Thursdays, 6:00 – 7:30 pm

#### **Coping with the Death of a Spouse or Partner (daytime)**

February 27 – March 26: Thursdays, 10:00 – 11:30 am

April 23 – May 21: Thursdays, 10:00 – 11:30 am

#### **Child Loss: Support for the First Year of Bereavement**

March 3 – March 31: Tuesdays, 6:00 – 7:30 pm

### Child Loss Connect Groups

Ongoing support for adults grieving the loss of a child of any age

January 14, February 11, and April 14

Tuesdays, 6:00 – 7:00 pm

### Upcoming Creative Grief Support Offerings

**January 27** Mindfulness & Grief: Moving into the New Year with Intention

**February 13** Remembrance Workshop for Children, Teens & their Families

**April 2 – May 14** *Caring for the Creative Self*: a collaboration with Sawtooth School for Visual Art's Art+Wellness Program

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

### **More Opportunities for Support**

#### Compass Group:



**Guidance for the First Six Months**

**Thursday, April 2**  
**10:00 – 11:00 am**

Grief education and support for newly bereaved adults. Explore common themes and coping strategies to help navigate the first few months after a loss.

#### Pet Loss Support Group



**for Adults**

**Meets 3<sup>rd</sup> Mondays**  
**6:00 – 7:00 pm**

Support for adults grieving the loss of a beloved pet or animal companion.

Advance registration is required for Compass and Pet Loss Support Groups.  
 Call (336) 768-6157, ext. 1600 for more information.

## **Trellis Supportive Care**

### **Grief Counseling Services: Description of 2020 Groups & Workshops**

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

Support groups provide education about the grief process, help to build healthy coping skills, and connect members with others grieving similar losses. Membership is closed after the first group meeting. Open to adults; a brief intake and registration paperwork are required before joining a group. Call (336) 768-6157, ext. 1600 to register.

#### **Child Loss Support: 5-Week Groups and Connect Groups**

Support for adults coping with the death of a child of any age. 5-week groups are closed after the first session, and offer more intensive support to parents and guardians within the first year of bereavement. Connect Groups are open to new and returning members for ongoing support and connection. A brief intake and paperwork are required before joining the groups. Call (336) 768-6157, ext. 1600 to register.

#### **Mindfulness & Grief: Moving into the New Year with Intention**

**Monday, January 27, 6:00 – 7:30 pm**

Enter the 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, and their Families**

**Thursday, February 13, 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 2: Thursdays, 6:00 – 8:00 pm**

Creativity has been described as an "essential response to grief." Through this workshop series, participants will explore gentle yoga practices for connecting with self, as well as mixed media art experiences. This exploration through art will foster expression and new perspectives on loss. Open to adults. Membership is closed after the first group meeting, and participants are encouraged to attend all sessions. Group sessions will take place at Sawtooth School for Visual Art in downtown Winston-Salem; space is limited. Call (336) 768-6157, ext. 1600 for more information or to register.