

2024 Coping with the Holidays Workshops



The holiday season can present unique challenges when you are grieving the death of a loved one. These workshops will provide grief education, support, and strategies for navigating the holidays.

Workshops for Adults

Receive helpful tips, guides, and support before and during the holidays. Each session includes a time of remembrance. You may attend one or more workshops.

Workshops at Trellis Supportive Care in Winston-Salem

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

Daytime Session: Thursday, December 5, 10:30 am – 12 pm

Workshop at Rufty-Holmes Senior Center in Salisbury*

Daytime Session: Tuesday, December 3, 10:00 – 11:30 am

*call (704) 216-7714 to register and for address

Workshop for Children & Families

This workshop for K – 12th graders offers support to kids who are grieving the loss of a loved one. Each family group will create a memory banner to display at home.

Children and teens must be accompanied by at least one participating adult.

Workshop at Trellis Supportive Care in Winston-Salem

Evening Session: Thursday, November 14, 6:00 – 7:30 pm

Pre-registration is required; there is no charge for participation.

Please call **(336) 331-1300** for assistance. www.TrellisSupport.org