

Grief Support Opportunities in 2026

(January – March groups and workshops)

Unless otherwise noted, sessions are offered in-person at Trellis Supportive Care

(see page 2 for address). Space is limited; pre-registration is required; there is no charge for programs.

Call **(336) 331-1300** for more information or to register. See page 2 for session details.

4-Week Support Groups for Adults

Coping with the Death of a Spouse or Partner

January 22 – February 12: Thursdays, 10:30 am – 12:00 noon

March 3 – March 24: Tuesdays, 6:00 – 7:30 pm

Coping with the Death of a Parent

February 3 – February 24: Tuesdays, 6:00 – 7:30 pm

Coping with Sudden or Traumatic Loss

March 17 – April 7: Tuesdays, 6:00 – 7:30 pm

Monthly Support Groups

Child Loss Connect Group (2nd Thursdays, 6:00 – 7:30 pm)

In-Person: Jan. 8, Feb. 12 & Mar. 12

Pet Loss Support Group (3rd Tuesdays, 6:00 – 7:00 pm)

Virtual: Jan. 20, Feb. 17 & Mar. 17

COMMUNITY-BASED SESSIONS

Grief Support Workshops at the *Intergenerational Center for Arts and Wellness* (Winston-Salem)
See page 2 for session dates and details.

Grief Support Workshops at *Ruffy-Holmes Senior Center* (Salisbury)

Education & coping support for Rowan County residents, age 55+. Call **(704) 216-7714** to register and for address.

Tuesdays, 10:00 – 11:30 am
Feb. 10 & Mar. 10

Heart Messages: a creative arts workshop for adults



February 26: Thursday, 10:00 am – 12:00 noon

Art nurtures self-compassion and mindful practices and opens doors to the “heart” of thoughts and feelings. This session blends creative writing and art to help you explore a self-care message that will support your healing.

Space is limited; Pre-registration for all groups & workshops is required.

See reverse for location; Call **(336) 331-1300** for assistance. See page 2 for more.

This schedule is regularly updated. Call (336) 331-1300 or visit our website TrellisSupport.org for more information.

Trellis Supportive Care
Grief Counseling Opportunities, January – March 2026 (p. 2)

Additional Information about Grief Support Groups & Workshops

Location for in-person sessions at Trellis Supportive Care:

Trellis Supportive Care Main Campus, Williams Education & Counseling Center
101 Hospice Lane, Winston-Salem, NC 27103

Coping with the Death of a Spouse or Partner and **Coping with the Death of a Parent** groups provide education about the grief process, help build healthy coping skills, and connect members with others grieving similar losses. **Coping with Sudden or Traumatic Loss** is a group for adults who are experiencing complex grief related to the circumstances surrounding the death of a loved one. These sessions offer education about traumatic loss, coping practices, and support.

All support groups are open to adults. A brief intake and registration paperwork must be completed before attending a group session. Membership is closed after the first group meeting. Plan to attend all 4 sessions.

The **Child Loss Connect Group** is for parents who are grieving the death of a child of any age. It meets in-person at Trellis Supportive Care each month. The **Pet Loss Support Group** provides a space for adults who are grieving the loss of a beloved pet or animal companion. It meets each month via Zoom. An intake screening is required before participation in monthly groups.



Grief Support Workshops at the Intergenerational Center for Arts and Wellness:

Location: 114 W. 30th Street, Winston-Salem, NC 27105 (beside Senior Services)

Registration & Information: Call Trellis Supportive Care at (336) 331-1300

Grief Support Workshops are coming soon.
Please call or check the Trellis Supportive Care website for updates.



Do you know about our Grief Counseling Library? This special collection of books and resources for grieving children and adults is open to the community. Books are available for check-out. Please call ahead if you plan to drop by to ensure the library is open. New titles are added regularly and on display.

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