

# Grief Support Opportunities in 2026

(April - June 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**

April 24 – May 15: Fridays, 10:30 am- 12:00 pm

June 5 – June 26: Fridays, 10:30 am- 12:00 pm

## Monthly Support Groups

### **Child Loss Connect Group** (2<sup>nd</sup> Thursdays, 6:00 – 7:30 pm)

April 9, May 14 & June 11

### **Pet Loss Support Group** (3<sup>rd</sup> Tuesdays, 6:00 – 7:00 pm)

Meets via Zoom: April 21, May 19 & June 16

## Mindful & Creative Coping Workshops

### **The Art of Collage: nurture your self-care practice**

Thursday, April 23, 10:00 am – 12:00 pm

### **Invitation to Calm: centering practices for complex grief**

Thursday, April 30, 6:00 – 7:30 pm

### **Writing Through our Grief: summer workshop series**

3-month series with Kay Windsor; see separate flyer for more details.

Workshop #1: Thursday, June 18, 10:30 am – 12:00 pm

## **COMMUNITY-BASED SESSIONS**

### **Coping with Grief & Loss Workshops** at the

*Intergenerational Center  
for Arts and Wellness*

(Winston-Salem)

**See page 2** for  
offerings and dates.

### **Grief Support Workshops** at *Rufty-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  
April 14 & May 12

### **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

**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.

**Trellis Supportive Care**  
**Grief Counseling Opportunities, April – June 2026 (p. 2)**

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



**Location:** 114 W. 30<sup>th</sup> Street, Winston-Salem, NC 27105 (beside Senior Services)

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

**Monthly “Coping with Grief and Loss” Workshops: Apr. 7, May 6, & Jun. 4: 10:00 – 11:00 am**

Monthly workshops for grieving adults. This informative session offers resources to help you cope and connections with others who understand. Pre-registration requested: call (336) 331-1300.

**Erasure Poetry Workshop with Sawtooth: May 21, 6:00 – 8:00 pm**

Nurturing your creativity can be a wonderful way to care for yourself while you’re grieving. This session will combine poetry and art to help open pathways for creativity, expression, and insights. For adults; no prior art experience is necessary to participate! All materials provided at no cost. Pre-registration requested: call (336) 331-1300.

**Grief Support Groups & Workshops: additional information**

**Coping with the Death of a Spouse or Partner** groups provide education about the grief process, help build healthy coping skills, and connect members with others grieving similar losses. Support groups are open to adults; a brief intake and registration paperwork are required. Membership is closed after the first group meeting. Plan to attend all 4 sessions.

**Monthly Support Groups** offer support and community through a blend of virtual and in-person sessions. The **Child Loss Connect Group** is for parents who are grieving the death of a child of any age. The **Pet Loss Support Group** meets via Zoom and provides a space for adults who are grieving the loss of a beloved pet or animal companion. An intake screening is required before participation in monthly groups.

**Invitation to Calm** provides support for complex grief. Sudden losses or traumatic experiences related to a loss can lead to feelings of overwhelm, panic, intrusive images, insomnia, and more. Learn coping practices to calm the body and emotions, and to help you through moments that leave you feeling “stuck” in grief.

Art nurtures self-compassion and opens doors to thoughts and feelings. The **Art of Collage** workshop will help you explore a self-care message to support your healing. For adults; all materials provided at no cost.

**Camp Carousel 2026** registration is open! See our website for details and registration.

**This schedule is regularly updated. Call (336) 331-1300 or visit our website [TrellisSupport.org](http://TrellisSupport.org) for more information.**