

Grief Support Opportunities in 2026

(June- September 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

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

August 20 – September 10: Thursdays, 6:00 pm- 7:30 pm

4-Week Support Groups for Adults

Coping with the Death of a Parent

September 8 – September 29: Tuesdays, 6:00 pm- 7:30 pm

Monthly Support Groups

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

Jun. 11, Jul. 16, Aug. 13 & Sept.10

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

Meets via Zoom: Jun. 16, Jul. 21, Aug. 18 & Sept. 15

Mindful & Creative Coping Workshops

(see page 2 for more opportunities)

Invitation to Calm: centering practices for complex grief

Tuesday, Aug. 11, 6:00 – 7:30 pm

Writing Through our Grief: summer workshop series

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

Jun. 18, Jul. 17 & Aug. 14, 10:30 am – 12:00 pm

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.

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.

Tuesday, 10:00 – 11:30 am
Fall sessions begin on Sept. 8

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

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



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

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

Monthly “Coping with Grief and Loss” Workshops:

Jun. 4, Aug. 12 & Sept 1: 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.

Cooking for One: Tuesday, July 14, 6:00 pm – 7:30 pm

Nourishing yourself can feel complicated after the loss of a loved one. Join us for a cooking demonstration and light lunch. Receive tips for grocery shopping and meal prep to help you save money and feel better. Offered in collaboration with Cancer Services at no charge. Space is limited; pre-register by calling (336) 331-1300.

Grief Support Groups & Workshops: additional information

Coping with the Death of a Spouse/Partner and Loss of Parent 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.

Camp Carousel 2026 registration is open! See our website for more details and registration links. Sessions are open to rising 1st – 12th graders and adults.

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