

Grief Support Opportunities in 2026

(September- October 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

October 15 – November 5: Thursdays, 10:30 am- 12:00 pm

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)

September 10 & October 8

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

Meets via Zoom: September 15 & October 20

Support for Children and Families

(see page 2 for more opportunities)

Lighting the Way:

A Grief Support Event for Children, Teens & Adults

Monday, September 14, 6:00 - 7:30 pm

(see [event flyer](#) on our website or call for details)

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 the
address.

Tuesdays, 10:00 – 11:30 am
Sept. 8 & Oct. 13

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, September - October 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: Sept. 1 & Oct. 8: 10:00 – 11:00 am

Stand-alone monthly workshop 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.

Nurturing Your Creativity with Sawtooth: Monday, October 19, 10:00 am – 12:00 Noon



Join Sawtooth School for Visual Art in making needle-felted pumpkins. This workshop will encourage you to connect more deeply with your creative self and with others – both are important parts of the healing process. All materials provided at no cost; no prior experience is required. 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. Screening intake is required before participation in monthly groups.

An Evening of Reflection & Remembrance Save the date! This annual remembrance program and luminaria walk will take place on **Thursday, October 1** at the Trellis Supportive Care main campus. For more information and to submit memorial tributes, visit the event page at TrellisSupport.org.



**American
Foundation
for Suicide
Prevention**

Trellis Supportive Care is proud to sponsor the 2026 **Out of the Darkness Triad Area Walk**, taking place on Saturday, October 17. This event raises awareness of suicide prevention and unites the community in remembrance, hope, and support. To register or donate, visit [TriadAreaWalk](https://TriadAreaWalk.org) or afsp.org.

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