

2026 Coping with the Holidays Workshops



The holiday season can present unique challenges when you are grieving the death of a loved one. Thinking about how you want to keep or change traditions, gather with others, and care for yourself during this season can help you feel more prepared and supported.

Call (336) 331-1300 to register. You may attend one or more sessions.
See page 2 for additional workshops.

WORKSHOPS AT TRELLIS SUPPORTIVE CARE MAIN CAMPUS

Williams Education & Counseling Center, 101 Hospice Lane, Winston-Salem, NC 27103

Coping with the Holidays for Adults

These interactive workshops provide grief education, support, and strategies for navigating special days of the year. Each session closes with a time of remembrance.

Evening Session	Tuesday, October 27, 6:00 – 7:30 pm
Evening Session (Zoom)	Tuesday, November 10, 6:00 – 7:30 pm
Morning Session	Thursday, December 3, 10:30 am – 12 pm

Remembrance Workshop for K-12 graders and their Families

A workshop for grieving children grades K-12. Attendees must be accompanied by at least one participating adult. Each family group will create a memory item to display at home. Materials include resources to support healthy coping and connection through the holidays.

Thursday, November 19, 6:00 – 7:30 pm

Invitation to Calm – Coping Practices for Adults

Learn coping practices that help to calm the body and emotions, and to help you through moments that leave you feeling “stuck” or overwhelmed by grief.

Tuesday, December 8, 6:00 – 7:30 pm

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WORKSHOP AT THE INTERGENERATIONAL CENTER FOR ARTS AND WELLNESS

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

Coping with Grief and Loss monthly workshop

This final session of the year will highlight ways to help you cope with grief during the holidays. The workshop will close with a time of remembrance.

Wednesday, November 4, 10:00 – 11:00 am



WORKSHOP AT RUFTY-HOLMES SENIOR CENTER (Salisbury)

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

Coping with the Holidays for Adults

This interactive workshop includes helpful information, tips, and a time of remembrance.

Tuesday, December 8, 10:00 – 11:30 am

**Pre-registration for all workshops is required; there is no charge for participation.
Call (336) 331-1300 for more information.**

Connect with More Support

Did you know? Trellis Supportive Care offers **year-round grief support to children, teens, and adults**. You do not need to have a prior connection with Trellis' patient care services to receive grief counseling. Our team offers individual & family grief support, an annual grief camp, and a variety of groups and workshops. These services are provided at no cost, thanks to community support.

To connect with our team, call **(336) 331-1300** or complete an **online grief support request** at TrellisSupport.org.