

Grief Counseling Opportunities

October – December 2020

Due to ongoing COVID-19 restrictions, all sessions will meet via Zoom. Advance registration is required; there is no charge for services. Call (336) 331-1300 for technology assistance or for more information about groups and workshops. See reverse for session details.

Support Groups for Adults

Coping with the Death of a Spouse or Partner

October 22 – November 19: Thursdays, 10:00 – 11:15 am

Caring for the Creative Self:

a collaboration with Sawtooth School for Visual Art

Accordion Bookmaking Workshop

October 14: Wednesday, 10:00 – 11:15 am

Meditative Paper Marbling & Mixed Media Techniques

October 29 – November 12: Thursdays, 6:00 – 7:15 pm

Coping with the Holidays: Workshops for Adults (select one)

November 10: Tuesday, 6:00 – 7:15 pm

December 10: Thursday, 10:00 – 11:15 am

Holiday Workshop for Children & Teens

December 8: Tuesday, 6:00 – 7:15 pm

New to Zoom? We can help! Let us know if you'd like to run through a practice session, or if we can help you think through technology access.

**Call (336) 331-1300 for more information
or registration assistance.**

More Opportunities for Support

Pet Loss Support Group for Adults

***Oct. 26, Nov. 16, & Dec. 14:
Mondays, 6:00 – 7:00 pm***

Support for adults grieving the loss of a beloved pet or animal companion.

Pre-registration is required; call (336) 331-1300 for more information.

Finding Chika: Mitch Albom Book Club

***Friday, October 23
10:00 – 11:15 am***

In support of the 5th annual *Living Your Best Life* speaker series, join us to discuss Mitch Albom's newest book, *Finding Chika*.

See reverse for more information.

Support for Loss of a Child

Ongoing offerings are available for parents who have experienced the death of a child of any age. Call (336) 331-1300 for current schedule.

Trellis Supportive Care Grief Counseling Services: Description of 2020 Groups & Workshops

Support Groups for Adults

Support groups provide education about the grief process, help to build healthy coping skills, and connect members with others grieving similar losses. Open to adults; a brief intake and registration paperwork are required before joining a group. Membership is closed after the first group meeting.

Caring for the Creative Self with Sawtooth School for Visual Art's Art+Wellness Program

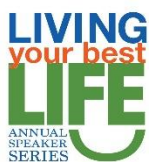
Accordion Bookmaking Workshop

Learn a simple bookbinding technique that yields a beautiful accordion book to use for writing, collecting, or safeguarding treasured mementos and photos. Book artist and calligrapher Joyce Teta will walk participants through the bookbinding process from start to finish. Learn how to create personalized books that can be kept for your own creative purposes or given to others as a meaningful gift. Kits are provided for one book, but this class will leave you with the ability to continue making books on your own.

Meditative Paper Marbling & Mixed Media Techniques

This 3-session series takes you through a mindful and intentional creative process, from creating marbled paper with *suminagashi*, a Japanese paper marbling technique, to learning creative mixed media techniques that will turn your decorative paper into expressive art. This creative and accessible process encourages play, mindfulness, and self-expression. Kits are provided.

Finding Chika: Mitch Albom Book Club



Mitch Albom was the featured speaker for this year's *Living Your Best Life* series. His latest book, *Finding Chika*, conveys a powerful message about hope, loss, resilience, and family. Mitch shared a beautiful reflection upon Chika's life and the gifts that she continues to offer to the world. Books are available for purchase via the event website [BestLifeSeries.org](https://www.bestlifeseries.org). To sign-up for the Book Club, call (336) 331-1300.

Coping with the Holidays: Workshops for Adults

The holidays can be an especially difficult time for those grieving the death of a loved one. These workshops will provide grief education and support in forming holiday goals and plans. Participants will receive helpful tools to use after the session, and join in a time of remembrance.

Holiday Workshop for Children & Teens

This workshop for 1st – 12th graders will offer support for kids who are grieving the loss of a loved one. Participants will create a personalized luminary to serve as a sign of light and remembrance. Kits will be provided. Parents and guardians are invited to sit in on the session, and will receive additional supportive materials. *(Please note that small groups will form within the workshop via Zoom Breakouts, a feature that is not compatible with Chromebooks.)*

**Pre-registration for all groups & workshops is required. Call (336) 331-1300.
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