

# Grief Counseling Opportunities in 2021

## (October - December groups & workshops)

Due to ongoing COVID-19 restrictions, some group sessions will take place via Zoom. Select in-person sessions are noted below and will observe strict safety guidelines. 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.

### Coping with the Holidays: Workshops for Adults

#### November Workshops

**In-Person** Tuesday, November 9, 6:00 – 7:15 pm  
**Zoom** Thursday, November 11, 10:00 – 11:15 am

#### December Workshops

**In-Person** Tuesday, December 7, 6:00 – 7:15 pm  
**Zoom** Thursday, December 9, 10:00 – 11:15 am

### Holiday Family Workshop for Children & Teens

**Zoom** Monday, November 15, 6:00 -7:15 pm

### Zoom Support: Child Loss Connect Group

Support for parents grieving the death of a child of any age  
Meets 2<sup>nd</sup> Thursdays, 6:00 – 7:15 pm: Oct 14, Nov 11, Dec 9

#### Location for in-person sessions:

Williams Education & Counseling Center  
Trellis Supportive Care Main Campus  
101 Hospice Lane, Winston-Salem, NC 27103

**New to Zoom? We can help!** Zoom tutorials & technology assistance are available. Call **(336) 331-1300** for more information.

### ***More Opportunities for Support via Zoom***

*Pre-registration required; call  
(336) 331-1300 for assistance.*

### **Grounded to Thrive monthly workshops**

Mindfulness- and arts-based  
workshops to help you form  
connections & practice self-care.

*Meets Last Tuesdays, 6-7 pm  
Oct 26, Nov 30, Dec 28*

### **Pet Loss Support Group for Adults**

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

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

*Meets 3<sup>rd</sup> Mondays, 6-7pm  
Oct 18, Nov 15, Dec 20*

## Trellis Supportive Care Grief Counseling Services: Additional Group & Workshop information

### Coping with the Holidays: Workshops for Adults

The holidays can be a difficult time for those grieving the death of a loved one. When coupled with the impacts of the pandemic, this season may feel especially challenging. These workshops will provide grief education, support, and strategies for navigating holiday goals and plans. Participants will receive helpful tools to use after the session and close with a time of remembrance.

### Holiday Family Workshop for Children & Teens

This workshop for 1<sup>st</sup> – 12<sup>th</sup> graders offers support to kids who are grieving the loss of a loved one. Participants will create a personalized craft to serve as a sign of light and remembrance. Supply Kits will be provided at no cost, along with a list of basic materials you can gather at home. **Parents and guardians are encouraged to join the session.** *(Please note that small groups may form within the workshop via Zoom Breakouts, a feature that is not compatible with Chromebooks.)*

### Grounded to Thrive

The pandemic has created many stress points this year. These mindfulness- and arts-based workshops offer space for grieving adults to feel less isolated and to practice self-care that can be used outside of group. Each workshop presents a new practice for coping with the many ways grief can be experienced in the body, heart, and mind. In addition to the monthly workshops, participants may opt-in to receive weekly emails that offer more ideas for *mindful grieving* in the midst of this difficult year. Open to adults; each workshop is formatted as a stand-alone experience.

### **\*\*In-Person Session Guidelines\*\***

In-person group sessions will take place with strict safety protocols in place. Group members will complete a **screening** before entering the building each week, including a **temperature check**. **Surgical masks** (provided) must be worn at all times while indoors, regardless of vaccination status. Groups will meet in a large room, with space between participants; capacity is limited. Full guidelines will be shared upon registration. We encourage group members to remain flexible, as this plan for on-site meetings could change, based upon current COVID recommendations. If in-person meetings are not possible, the group will meet as scheduled via Zoom.

**Check our website or call (336) 331-1300 for more information.**

For additional support, we invite you to explore the Supportive Resources Page on our website. To access, click on the red COVID-19 button on the [www.TrellisSupport.org](http://www.TrellisSupport.org) homepage and select “Supportive Resources.” This information includes grief support & printable handouts, self-care supports, and ideas for supporting children & teens.

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