

Grief Counseling Opportunities in 2023

(September– December groups and workshops)

All group sessions in-person unless otherwise specified. Please see the guidelines on p. 2 for more information about in-person meetings. [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 more details.

4-Week Support Groups for Adults

Coping with the Death of a Spouse or Partner

September 15 – October 6: Fridays, 10:30 am – 12:00 noon

September 19 – October 17: Tuesdays, 6:00 – 7:30 pm

Note: No group session on Oct. 10th

October 27- November 17: Fridays, 10:30 am - 12:00 noon

Coping with the Death of a Parent

September 7 – September 28: Thursdays, 6:00 – 7:30 pm

Coping with the Death of a Spouse or Partner (Salisbury*)

September 12 – October 3: Tuesdays, 10:30 am – 12:00 noon

Pregnancy and Infant Loss Support Group

October 6 – October 27: Fridays, 9:30 – 11:00 am

Child Loss Connect Group

Ongoing support for adults grieving the loss of a child of any age

Meets via Zoom: 2nd Thursdays, 6:00 – 7:15 pm

September 14, October 12, November 9, and December 14

Coping with the Holidays Workshop for Adults

Tuesday, November 14, 6:00 – 7:30 pm

Thursday, December 7, 10:00 – 11:30 am

Holiday Workshops for Children & Families

Thursday, November 16, 6:00 -7:30 pm

More Opportunities for Support

Compass Workshop: *Guidance for the First 6 Months*

Grief education and support for newly bereaved adults. Explore common themes and coping strategies to help navigate the first few months after a loss.

*Morning workshops:
Sept. 14 and Nov. 9
10-11 am*

*Evening workshops:
Oct. 3 and Dec. 5
6-7 pm*

Pet Loss Support Group for Adults

Support for adults grieving the loss of a beloved pet or animal companion. Meets via Zoom. *3rd Mondays, 6:00 – 7:00 pm
Sept. 18, Oct. 16, Nov. 20,
and Dec. 18*

Soul Expressions

Mindfulness- and Creative Arts-based workshops for grieving adults. Offered quarterly. *Sept. 11, 6:00 – 7:30 pm
Dec. 14, 10:00 – 11:30 am*

[See reverse for location information](#). Space is limited; pre-registration for all groups & workshops is required. Call (336) 331-1300 for assistance.

Trellis Supportive Care Grief Counseling Services: Additional Group & Workshop Information

Support Groups for Adults

Support groups provide education about the grief process, help 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. Plan to attend all sessions of the 4-week series. Please call for more information about the *Loss of a Spouse or Partner* group that is being held in Salisbury.

Child Loss groups provide important points of connection and resources for bereaved parents. The **Pregnancy and Infant Loss Support Group** is a 4-week, in-person group for adults grieving the loss of a child due to miscarriage, stillbirth, or in infancy. The **Child Loss Connect Group** is a monthly support group for adults grieving the loss of a child of any age. This group meets via Zoom, with occasional in-person opportunities.

Soul Expressions

This experiential workshop offers opportunities to practice self-care. Led by our team of art and music therapists, this workshop encourages participants to explore creativity and mindfulness as essential supports for the grief process. Open to adults who are grieving the loss of a loved one.

Coping with the Holidays Workshops

The holidays can be a difficult time for those grieving the death of a loved one. **Workshops for Adults** will provide grief education, support, and strategies for navigating holiday goals and plans. The **Holiday Family Workshop** will foster the sharing of memories and support as each family creates a personalized banner for their home. Supplies provided at no cost. Children and teens must be accompanied by at least 1 participating adult. Stay tuned for more information on holiday offerings.



**American
Foundation
for Suicide
Prevention**

Trellis Supportive Care is proud to be a sponsor of the 2023 **Out of the Darkness Triad Area Walk** on Saturday, October 14. This event raises awareness of suicide prevention and unites the community in remembrance, hope, and support. To register or donate, visit [Triad Area Walk](#) or afsp.org.

Location for in-person sessions

Williams Education & Counseling Center

Trellis Supportive Care Main Campus, 101 Hospice Lane, Winston-Salem, NC 27103

**Call for more information about Salisbury group location*

****In-Person Session Guidelines****

In-person group sessions are currently mask-optional for participants and staff. We encourage group members to remain flexible, as guidelines for participation could change based upon Trellis Supportive Care requirements. If in-person meetings are not possible, the group will meet as scheduled via Zoom. Complete guidelines will be shared after registration.

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