

Grief Counseling Opportunities in 2024

(January - March groups and workshops)

Unless otherwise noted, sessions are offered in-person at Trellis Supportive Care (see page 2 for address). Advance 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

February 8 – February 29: Thursdays, 10:30 am – 12:00 noon

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

Coping with the Death of a Parent

February 1 – February 22: Thursdays, 6:00 – 7:30 pm

Mixed Loss Support Group

March 12 – April 2: Tuesdays, 6:00 – 7:30 pm

Monthly Support Groups

Child Loss Connect Group (2nd Thursdays, 6:00 – 7:30 pm)

In-Person: January 11 Zoom: February 8 and March 14

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

Zoom: January 15, February 19, and March 18

Grief Education Workshops

Compass: Grief Education & Resources for Newly Bereaved Adults

Explore common themes and coping strategies to help you navigate the first 6 months after a loss.

January 25, 10:00 – 11:00 am

March 26, 6:00 – 7:00 pm

Getting Unstuck: Help for Complicated Grief

Receive education and support in coping with grief that feels “stuck” or complex.

February 22, 6:00 – 7:30 pm

COMMUNITY-BASED SESSIONS

Grief Support Workshops at the *Intergenerational Center for Arts and Wellness (Winston-Salem)*

We are proud to offer grief support in partnership with the new Generations Center. See page 2 for session dates and details.

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 address.

February 20 & March 19
10:00 – 11:30 am

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, January – March 2024

Grief Support Workshops at the
Intergenerational Center for Arts and Wellness:



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

Erasure Poetry with Sawtooth School for Visual Art:

January 17, 11:00 am – 1:00 pm

Erasure Poetry is a type of “found poetry” in which the poet creates their own poem by erasing, redacting, or otherwise obscuring the words in an original text. Once the poem is complete, participants will create artwork inspired by the poetry. Call (336) 331-1300 to register.

“Intro to Grief” Workshop:

February 20, 10:00 – 11:00 am

Grief education and resources for newly bereaved adults. Like our Compass Workshops, this session explores common themes and coping strategies to help you navigate the first 6 months after a loss. Call (336) 331-1300 to register.

Additional Information about Grief Support Groups & Workshops

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

Coping with the Death of a Spouse or Partner and **Coping with the Death of a Parent** 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.

The **Mixed Loss Support Group** is a place for adults who do not find a good “fit” in the loss of spouse/partner or loss of parent groups. This may include loss of sibling, friend, in-law’s, or ex-relationships, among others. Talk with our team to see if this could be a good match for you.

Getting Unstuck: Help for Complicated Grief is an educational workshop that provides support for complex grief. Sudden losses or traumatic experiences related to a loss can lead to feelings of overwhelm, panic, intrusive images, insomnia, and more. This workshop teaches coping skills to calm the body and emotions, to help you through moments that feel “stuck.”

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