

Grief Counseling Opportunities in 2022

(August - October groups and workshops)

Group sessions may be offered in-person or via Zoom. 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.

Writing Through Our Grief

Workshops for grieving adults with Kay Windsor

Fridays, 10:00 – 11:30 am

In-Person: August 12 & September 9

In-Person Support Groups for Adults

Coping with the Death of a Parent

October 4 – October 25: Tuesdays, 6:00 – 7:15 pm

Coping with the Death of a Spouse or Partner

September 15 – October 6: Thursdays, 10:00 – 11:15 am

October 18 – November 8: Tuesdays, 6:00 – 7:15 pm

Child Loss Connect Group

Support for adults grieving the loss of a child of any age

2nd Thursdays, 6:00 – 7:15 pm

Zoom: August 11, September 8 & October 13

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

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

Aug 15, Sept 19 & Oct 17

Grounded to Thrive

Mindfulness- and arts-based workshops for adults foster self-care practice & coping tools.

August 29 (Zoom)

October 24 (in-person)

6:00 – 7:00 pm

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.

Meets in-person.

August 18 & October 20

10:00 – 11:00 am

Trellis Supportive Care Grief Counseling Services: additional Group & Workshop information

Grief 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.

Writing Through Our Grief: Workshop Series for Grieving Adults

Kay Windsor, a writer and writing group leader, has led reflective writing workshops with our program for several years. Writing can provide emotional release, new insights, and healing shifts in perspective. You don't need to consider yourself a writer to attend these sessions. Through the use of prompts, Kay will guide you through gentle reflections that honor your loved one and support deeper connections with yourself.

Looking Ahead

Stay tuned for more information about *Coping with the Holidays* workshops for children and adults, as well as special remembrance opportunities. Check the Grief Counseling page of our website TrellisSupport.org or call (336) 331-1300 for updates.

****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.



**American
Foundation
for Suicide
Prevention**

Trellis Supportive Care is proud to be a sponsor of the 2022 **Out of the Darkness Triad Area Walk** on Saturday, October 15. This event raises awareness of suicide prevention and unites the community in remembrance, hope, and support. To register or donate, visit asfp.org/walk.

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

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