

Grief Counseling Opportunities in 2021

(April - June groups and workshops)

Due to ongoing COVID-19 restrictions, most group sessions are offered 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.

Zoom Support Groups for Adults

Coping with the Death of a Spouse or Partner

April 20 – May 18: Tuesdays, 6:00 – 7:15 pm

Coping with the Death of a Parent

April 26 – May 24: Mondays, 6:00 – 7:15 pm

In-Person Support Groups for Adults

Coping with the Death of a Spouse or Partner

April 29 – May 27: Thursdays, 10:00 – 11:15 am

Coping with the Death of a Parent

May 4 – June 1: Tuesdays, 6:00 – 7:15 pm

Zoom Workshop: Caring for the Creative Self

a collaboration with Sawtooth School for Visual Art

Meditative Paper Marbling & Mixed Media Techniques

May 6 – May 20: Thursdays, 6:00 – 7:15 pm

Zoom Support: Child Loss Connect Group

Support for parents grieving the death of a child of any age

Meets 2nd Thursdays, 6:00 – 7:15 pm: April 8, May 13, June 10

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.

Tuesdays, 6:00 – 7:15 pm:

Apr. 27, May 25, Jun. 29

Writing Through Our Grief

Writing workshop series with Kay Windsor; see reverse for more information.

Fridays, 10:00 – 11:15 am:

May 21, Jun. 11

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.

3rd Mondays, 6:00 – 7:00 pm:

Apr. 26, May 17, Jun. 21*

** meets on 4th Monday*

Trellis Supportive Care Grief Counseling Services: Description of 2021 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. Plan to attend all sessions of the 5-week series.

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

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; plan to attend all sessions in the 3-week series.

Grounded to Thrive

The pandemic has created many stress points this year, and has been especially challenging for those who are grieving. 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 will present 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.

Writing Through Our Grief: writing workshop series with Kay Windsor

You need not consider yourself a writer to attend these workshops. Through writing, you will gently probe, reflect, remember, and reconsider. These workshops offer opportunities for you to honor your loved ones, reimagine your life now, and discover inner resources. Open to adults. Participants may attend one or more sessions during the series.

NOTE: The May 21st session will focus upon the impacts of grieving a loved one's death during the COVID-19 pandemic.

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. Masks must be worn at all times while indoors. Groups will meet in a large room, with 6 feet of space between chairs; capacity is limited. A full set of 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.

Supportive Resources are available on the [COVID-19 page](#) on our website: TrellisSupport.org

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