

Grief Counseling Opportunities in 2023

(March – June groups and workshops)

All group sessions offered 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

March 8 – March 29: Wednesdays, 6:00 – 7:30 pm

April 6 – April 27: Thursdays, 10:30 am – 12:00 noon

June 1 – June 22: Thursdays, 10:30 am – 12:00 noon

Coping with the Death of a Parent

March 28 – April 18: Tuesdays, 6:00 – 7:30 pm

Pregnancy and Infant Loss Support Group

Meets via Zoom: Fridays, April 21 – May 12, 10:00 – 11:30 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

March 9, April 13, May 11 and June 8

Writing Through Our Grief

Workshops for grieving adults with Kay Windsor

May 19 and June 16: Fridays, 10:00 – 11:30 am

Location for in-person sessions:

Williams Education & Counseling Center

Trellis Supportive Care Main Campus

101 Hospice Lane, Winston-Salem, NC 27103

Space is limited; pre-registration for all groups & workshops is required. Call (336) 331-1300 for more information.

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:
Mar. 9 and May 11
10-11 am*

*Evening workshops:
Apr. 11 and Jun. 6
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
Mar. 20, Apr. 17,
May 15 and Jun. 19*

Soul Expressions

Mindfulness- and Creative Arts-based workshops for grieving adults. Offered quarterly.

*Monday, Jun. 12
6:00 – 7:30 pm*

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.

Child loss groups provide important points of connection and resources for bereaved parents. The **Pregnancy and Infant Loss Support Group** is a new 4-week 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. Both groups meet via Zoom.

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. Additional sessions will be offered in August and September.

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.

Camp Carousel

Save the date! For over 30 years, Camp Carousel has offered support to children, teens, and adults who are grieving the death of a loved one. Registration details are coming soon.

- Rising 1st – 5th grade day camp: July 18 & 19
- Rising 6th – 12th grade day camp: July 20 & 21
- Grief Retreat for adults: August 4



****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.