

Grief Support Opportunities in 2024

(March-May 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

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

April 19 – May 10: Fridays, 10:30 am – 12:00 noon

Coping with the Death of a Parent

April 16 – May 7: Tuesdays, 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)

Virtual: March 14 and May 9 In-Person: April 11

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

Virtual: March 18 and April 15 In-Person: May 20

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: March 26, 6:00 – 7:00 pm

April 25, 10:00 – 11:00 am

Pregnancy & Infant Loss Workshop

Information and resources for parents who have experienced the death of a child through pregnancy loss, still birth, or during infancy: April 22, 6:00 – 7:30 pm

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.

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.

March 19, April 16, May 14
10:00 – 11:30 am

Trellis Supportive Care
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3 Grief Support Workshops at the Intergenerational Center for Arts and Wellness:

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

Registration: Call Trellis Supportive Care at (336) 331-1300

Remembrance Workshop for Children & Families: April 15, 6:00 – 7:30 pm

For K – 12th graders who are grieving the death of a loved one. Families will work together to create a memory banner that can be hung in a special place at home. Children & teens must be accompanied by at least one participating adult.

Contemplative Photography and Mindfulness Practices: May 14, 6:00 – 8:00 pm

Discover how mindfulness can help uncover beauty that exists in the present moment, helping to calm and settle busy minds. Your camera will be your trusted guide as you unlock a new lens on the world that reflects and supports your grief. Bring your own mobile device or digital camera to the workshop.

“Intro to Grief” Workshop: May 21, 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.

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.

The **Pregnancy & Infant Loss Workshop** provides information and resources for parents who have experienced the death of a child through pregnancy loss, still birth, or during infancy. Participants will receive a brief intake call prior to the workshop session.

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