

Grief Counseling Opportunities in 2023

(May – September groups and workshops)

All group sessions 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

June 1 – June 22: Thursday, 10:30 am – 12:00 noon
September 15 – October 6: Fridays, 10:30 am – 12:00 noon
September 19 – October 10: Tuesdays, 6:00 – 7:30 pm

Coping with the Death of a Parent

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

Coping with the Death of a Spouse or Partner (Salisbury*)

September 12 – October 3: Tuesdays, 10:30 am – 12:00 noon

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
May 11, June 8, July 13, August 10, and September 14

Writing Through Our Grief

Workshops for grieving adults with Kay Windsor
May 19, June 16, and September 8: Fridays, 10:00 – 11:30 am

Location for in-person sessions:

*Call for more information about Salisbury group location
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:
May 11, Jul. 13, and Sept. 14
10-11 am*

*Evening workshops:
Jun. 6 and Aug. 15
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
May 15, Jun. 19, Jul. 17,
Aug. 21 and Sept. 18*

Soul Expressions

Mindfulness- and Creative Arts-based workshops for grieving adults. Offered quarterly.
*Mondays, 6:00 – 7:30 pm
Jun. 12 and Sept. 11*

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. Please call for more information about the Loss of a Spouse or Partner group that is being held in Salisbury.

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.

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

Registration is open! For over 30 years, Camp Carousel has offered support to children, teens, and adults who are grieving the death of a loved one. Creative arts and small group sessions help campers connect, share, and heal. The Day Retreat for Adults is an experiential retreat that fosters creative and mindful grief practices in a supportive space. Visit TrellisSupport.org for flyers, session details, and online registration.

- 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.