

Grief Counseling Opportunities in 2022

(May - August 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 opportunities. 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

Zoom: May 20

In-Person: June 24, August 12 & September 9

Child Loss Connect Group

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

2nd Thursdays via Zoom, 6:00 – 7:15 pm

May 12, June 9, July 14 & August 11

Camp Carousel *(see reverse for more information)*

Rising 1st – 5th graders July 11 – 12, 8:30 am – 4:00 pm

Rising 6th – 12th graders July 13 – 14, 8:30 am – 4:00 pm

Day Retreat for Adults July 22, 10:00 am – 3:30 pm

Summer Solstice Labyrinth Workshop



June 21, 10:00 – 11:00 am

An introduction to the benefits of walking a labyrinth and supported group experience. See reverse for details.

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
May 16, Jun 20, Jul 18, Aug 15

Grounded to Thrive

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

May 9 (in-person)
August 29 (Zoom)
6:00 – 7:00 pm

Compass Group: 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.

May 5, June 9, August 18
10:00 – 11:00 am

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

Grief Support Groups for Adults

Support Groups will resume in September

These 4-week sessions provide education about the grief process, help build healthy coping skills, and connect members with others grieving similar losses. Visit TrellisSupport.org or call (336) 331-1300 for updates.

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.

Camp Carousel



For over 30 years, Camp Carousel has offered support to children, teens, and adults who are grieving the death of a loved one. Creative and meaningful small group sessions help campers connect, share, learn, and grow. 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.

Glenn & Wilma Pettyjohn Meditation Garden & Labyrinth

Labyrinths have existed for more than 4,000 years and have long been used as places for rest and reflection. Walking the labyrinth can offer a sense of peace, bring order to busy thoughts, and help walkers connect with the natural beauty of the garden. The *Glenn & Wilma Pettyjohn Meditation Garden & Labyrinth* is open to the public daily from sunrise to sunset, and is located behind the Kate B. Reynolds Hospice Home. Follow the directional signs on our main campus at 101 Hospice Lane in Winston-Salem.

The **guided walk** will provide participants with an introduction to the history and purpose of the labyrinth and the opportunity to walk as a group. Pre-registration is required.

****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 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.**