

Grief Support Opportunities in 2025

(August – October groups and workshops)

Unless otherwise noted, sessions are offered in-person at Trellis Supportive Care

(see page 2 for address). Space is limited; pre-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

September 4 – September 25: Thursdays, 6:00 pm – 7:30 pm

October 23 – November 13: Thursdays, 10:30 am – 12:00 pm

Coping with the Death of a Parent

September 16 – October 7: Tuesdays, 6:00 – 7:30 pm

Monthly Support Groups

Child Loss Connect Group (2nd Thursdays, 6:00 – 7:30 pm)

In-Person: Aug. 14 and Oct. 9 Virtual: Sept. 11

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

Virtual: Aug. 19, Sept. 16, and Oct. 21

Writing Through Our Grief: Summer Workshops

summer series with Kay Windsor; see separate flyer for more details

Aug. 21: Thursday, 10:30 am – 12:00 pm

COMMUNITY-BASED SESSIONS

Grief Support Workshops
at the *Intergenerational
Center for Arts and
Wellness* (Winston-Salem)
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.

Tuesdays, 10:00 – 11:30 am
Sept. 2 and Oct. 7

Grief Education Workshops

See page 2 for additional grief support workshops.

Invitation to Calm: practices to help you cope with grief

Aug. 7: Thursday, 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.

Trellis Supportive Care
Grief Counseling Opportunities, August - October 2025 (p. 2)

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

“Finding Your Way Through Grief” Workshop

Monday, Aug. 11 and Tuesday, Oct. 14: 10:00 – 11:00 am

This workshop for adults provides education and resources to help you cope with grief after the death of a loved one. Explore common themes and coping strategies to help you navigate grief. Choose 1 session to attend; offered at no charge. Pre-registration requested: call (336) 331-1300.

Neurographic Watercolor with Sawtooth: Wednesday, Oct. 22, 10:00 am – 12:00 pm



This therapeutic art form encourages a mindful, meditative state that allows you to focus on a question or challenge that you are facing in your grief journey. For adults; offered at no charge. No prior art experience is necessary to participate! Pre-registration requested: call (336) 331-1300.

Cooking for One: Thursday, Sept. 11, 11:00 am – 1:00 pm

Nourishing yourself can feel complicated after the loss of a loved one. Join us for a cooking demonstration and light lunch. Receive tips for grocery shopping and meal prep to help you save money and feel better. Offered in collaboration with Cancer Services at no charge. Space is limited; pre-register by calling (336) 331-1300.

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. Membership is closed after the first group meeting. Plan to attend all 4 sessions.

The **Invitation to Calm** workshop offers support for complex grief. Sudden losses or traumatic experiences related to a loss can lead to feelings of overwhelm, panic, intrusive images, insomnia, and more. Learn coping practices to calm the body and emotions, and to help you through moments that leave you feeling “stuck” in grief.

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