

Grief Counseling Opportunities in 2022

(January – March groups and workshops)

Due to ongoing COVID-19 restrictions, some group sessions will take place via Zoom. Select in-person sessions are noted below and will observe strict safety guidelines. 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.

In-Person Support Groups for Adults*

Coping with the Death of a Spouse or Partner

February 3 – February 24: Thursdays, 10:00 – 11:15 am

Coping with the Death of a Parent

February 8 – March 1: Tuesdays, 6:00 – 7:15 pm

Zoom Support Groups for Adults

Coping with the Death of a Spouse or Partner

March 7 – March 28: Mondays, 6:00 – 7:15 pm

Child Loss Connect Group

Ongoing support for adults grieving the loss of a child of any age

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

January 13, February 10, March 10

Mindfulness & Grief Workshop for Adults

Self-care supports for moving into this year with intention.

Tuesday, January 25: 6:00 – 7:15 pm via Zoom

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

Jan. 17, Feb. 21, Mar. 21

Grounded to Thrive

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

Meets via Zoom.

*Quarterly Workshops begin
on Monday, Feb. 28*

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.

*Quarterly Workshops begin
on Thursday, Mar. 10*

10:00 – 11:00 am

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.

Mindfulness & Grief: Moving into the New Year with Intention

Enter the new year equipped with helpful tools for grieving well. This educational and experiential workshop for adults will help you identify self-care approaches to ground you, help you utilize an intention to guide you, and introduce you to practices and skills to grow resiliency on the grief journey.

****In-Person Session Guidelines****

In-person group sessions will take place with strict safety protocols in place. Group members will complete a **screening** upon arrival, including a **temperature check**. **Surgical masks** (provided) must be worn at all times while indoors, regardless of vaccination status. Groups will meet in a large room, with space between participants; capacity is limited. Full guidelines will be shared upon registration. We encourage group members to remain flexible, as this plan for on-site meetings could change, based upon current COVID recommendations. If in-person meetings are not possible, the group will meet as scheduled via Zoom.

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

For additional support, we invite you to explore the [Supportive Resources page](#) on our website. To access, click on the red COVID-19 button on the TrellisSupport.org homepage and select "Supportive Resources." This information includes grief education & printable handouts, self-care resources, and ideas for supporting children & teens.

**Pre-registration for all groups & workshops is required.
Call (336) 331-1300.**