

Grief Support Opportunities in 2025

(October – December 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

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

Monthly Support Groups

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

Virtual: Nov. 13

In-Person: Dec. 11

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

Virtual: Oct. 21 and Dec. 16

In-Person: Nov. 18

Coping with the Holidays Workshops (see flyer for details)

Sessions at **Trellis Supportive Care**

Evening Session for Adults: Tuesday, Oct. 21, 6:00 – 7:30 pm

Morning Session for Adults: Thursday, Dec. 4, 10:30 am – 12:00 pm

‘Invitation to Calm’ coping practices workshop: Thursday, Dec. 11, 6:00 – 7:30 pm

Session at **Rufty-Holmes Senior Center (Salisbury)**

Morning Session for Adults: Tuesday, Dec. 2, 10:00 – 11:30 am

Session at **Intergenerational Center for Arts and Wellness**

Holiday Workshop for Children & Families: Thursday, Nov. 6, 6-7:30 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 – 11:30 am
Oct. 7, Nov. 4 & Dec. 2

Space is limited; Pre-registration for all groups & workshops is required.

There is no charge for participation. **Call (336) 331-1300** for assistance; **see p. 2** for more.

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

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 group provides education about the grief process, helps build healthy coping skills, and connects 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. 4-week groups take place year-round and will return in early 2026.

Invitation to Calm is part of our holiday series of workshops. Learn coping practices to calm the body and emotions, and to help you through moments that leave you feeling “stuck” or overwhelmed by grief.

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

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: 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. 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.

Holiday Workshop for Children & Families: Thursday, Nov. 6, 6 – 7:30 pm

This workshop for K-12th graders and their families offers support for kids who are grieving the loss of a loved one. Each family group will create a memory project to display at home.

Children and teens must be accompanied by at least one participating adult. Pre-registration requested: call (336) 331-1300. There is no charge for participation.