

Grief Counseling Opportunities in 2021

(September – October groups & 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 session details.

Zoom Support Groups for Adults

Coping with the Death of a Spouse or Partner

September 16 – October 14: Thursdays, 10:00 – 11:15 am

Coping with the Death of a Parent

September 20 – October 18: Monday, 6:00 – 7:15 pm

In-Person Support Groups for Adults*

Coping with the Death of a Spouse or Partner

September 28 – October 26: Tuesdays, 6:00 – 7:15 pm

Coping with the Death of a Parent

September 30 – October 28: Thursdays, 6:00 – 7:15 pm

Zoom Support: Child Loss Connect Group

Support for parents grieving the death of a child of any age

Meets 2nd Thursdays, 6:00 – 7:15 pm: Sept 9 and Oct 14

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 via Zoom

*Pre-registration required; call
(336) 331-1300 for assistance.*

Grounded to Thrive monthly workshops

Mindfulness- and arts-based workshops to help you form connections & practice self-care.

*Meets Last Tuesdays, 6-7 pm
Sept 28 and Oct 26*

Pet Loss Support Group for Adults

Support for adults grieving the loss of a beloved pet or animal companion.

Pre-registration is required; call (336) 331-1300 for more information.

*Meets 3rd Mondays, 6-7pm
Fall sessions begin on Oct 18*

Trellis Supportive Care Grief Counseling Services: Description of 2021 Groups & Workshops

Support Groups for Adults

Support groups provide education about the grief process, help to 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 5-week series.

Grounded to Thrive

The pandemic has created many stress points this year, and has been especially challenging for those who are grieving. These mindfulness- and arts-based workshops offer space for grieving adults to feel less isolated, and to practice self-care that can be used outside of group. Each workshop will present a new practice for coping with the many ways grief can be experienced in the body, heart, and mind. In addition to the monthly workshops, participants may opt-in to receive weekly emails that offer more ideas for *mindful grieving* in the midst of this difficult year. Open to adults; each workshop is formatted as a stand-alone experience.

*In-Person Session Guidelines

In-person group sessions will take place with strict safety protocols in place. Group members will complete a screening before entering the building each week, including a temperature check. Masks must be worn **at all times while indoors**, regardless of vaccination status. Groups will meet in a large room, with 6 feet of space between participants; capacity is limited. A full set of 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.

**Check our website or call (336) 331-1300 for updates to this Fall Schedule.
Additional opportunities for support in October, November, and December will
become available.**

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 www.TrellisSupport.org homepage and select "Supportive Resources." This information includes grief support & printable handouts, self-care supports, and ideas for supporting children & teens.

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