

Grief Counseling Opportunities in 2023

(January – April groups and workshops)

All group sessions offered in-person unless otherwise specified. Please see the guidelines on p. 2 for more information about in-person meetings. 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.

4-Week Support Groups for Adults

Coping with the Death of a Spouse or Partner

February 2 – February 23: Thursdays, 10:30 am – 12:00 noon

March 8 – March 29: Wednesdays, 6:00 – 7:30 pm

April 6 – April 27: Thursdays, 10:30 am – 12:00 noon

Coping with the Death of a Parent

February 2 – February 23: Thursdays, 6:00 – 7:30 pm

March 28 – April 18: Tuesdays, 6:00 – 7:30 pm

Coping with the Death of an Infant, Birth – 1 Year

February 3 – February 24: Fridays, 10:00 – 11:30 am

Child Loss Connect Group

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

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

January 12, February 9, March 9, April 13

Location for in-person sessions:

Williams Education & Counseling Center

Trellis Supportive Care Main Campus

101 Hospice Lane, Winston-Salem, NC 27103

Pre-Registration for all groups & workshops is required.

Call (336) 331-1300 for more information.

More Opportunities for Support

Compass Workshop: *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.

*Morning workshops: 10-11 am
Jan. 19, Mar. 9*

*Evening workshops: 6-7 pm
Feb. 21, Apr. 11*

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. 16, Feb. 20,
Mar. 20*, Apr. 17
(*March session in-person)*

Soul Expressions

Mindfulness- and Creative Arts-based workshops for grieving adults.

*Quarterly Workshops begin on
Thursday, Jan. 26
10:00 -11:30 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.

The **Coping with the Death of an Infant** group is a 4-week support group for adults grieving the loss of a child following a birth through 1 year of age. The **Child Loss Connect Group** is a monthly support group for adults grieving the loss of a child of any age.

Soul Expressions

This experiential workshop offers opportunities to practice self-care. Led by our team of art and music therapists, this workshop encourages participants to explore creativity and mindfulness as essential supports for the grief process. Open to adults who are grieving the loss of a loved one.

****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.

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.**