

Grief Support Opportunities in 2025

(April - June 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

June 6- June 27: Fridays 10:30 am- 12:00 pm

Mixed Loss Support Group

April 22 – May 13: Tuesdays, 6:00 – 7:30 pm

Monthly Support Groups

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

Virtual: May 8 In-Person: Apr. 10 & Jun. 12

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

Virtual: Apr. 15 & Jun. 17 In-Person: May 20

Grief Education Workshops

Invitation to Calm: practices to help you cope with grief

Thursdays, 6:00 – 7:30 pm: April 3 & June 5

Pregnancy & Infant Loss Workshop

Monday, 6:00 – 7:30 pm: April 28

Writing Through Our Grief: Summer Workshops

3-month series with Kay Windsor; see separate flyer for more details.

Workshop #1: Thursday, June 19, 10:30 am – 12:00 pm

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

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.

COMMUNITY-BASED SESSIONS

Coping with Grief & Loss

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

See **page 2** for offerings and dates.

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
Apr. 15 & May 20

Trellis Supportive Care
Grief Counseling Opportunities, April – June 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

Neurographic Watercolor with Sawtooth: Wednesday, April 23, 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; no prior art experience is necessary to participate! Pre-registration requested: call (336) 331-1300.

“Coping with Grief & Loss” Workshop: Tuesday, May 6, 10:00 – 11:00 am

This quarterly workshop for grieving adults provides education and resources to help you cope with grief after the death of a loved one. This interactive session explores common themes and coping strategies to help you navigate grief. Pre-registration requested: call (336) 331-1300.

Grief Support Groups & Workshops: additional information

Coping with the Death of a Spouse or Partner groups provide education about the grief process, help build healthy coping skills, and connect members with others grieving similar losses. The **Mixed Loss Support Group** is a group for adults who are experiencing the death of a loved one, regardless of relationship. All support groups are 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.

Monthly Support Groups offer support and community through a blend of virtual and in-person sessions. The **Child Loss Connect Group** is for parents who are grieving the death of a child of any age. The **Pet Loss Support Group** provides a space for adults who are grieving the loss of a beloved pet or animal companion. An intake screening is required before participation.

Invitation to Calm stand-alone workshops provide 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. You are welcome to attend one or more sessions.

The **Pregnancy & Infant Loss Workshop** provides information and resources for parents who have experienced the death of a child through pregnancy loss, still birth, or during infancy. Participants will receive a brief intake call prior to the workshop session.

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