

Grief Support Opportunities in 2025

(February - April 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

March 25 – April 15: Tuesdays, 6:00 – 7:30 pm

Coping with the Death of a Parent

February 4 – February 25: Tuesdays, 6:00 – 7:30 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: Mar. 13 In-Person: Feb. 13 & Apr. 10

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

Virtual: Feb. 18, Mar. 18 & Apr. 15

Grief Education Workshops

Invitation to Calm: practices to help you cope with grief

Thursdays, 6:00 – 7:30 pm: February 6 and April 3

Pregnancy & Infant Loss Workshop

Monday, 6:00 – 7:30 pm: April 28

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
Feb. 11, Mar. 18 & Apr. 15

Trellis Supportive Care
Grief Counseling Opportunities, February – April 2025 (p. 2)

Grief Support Workshop 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

“Coping with Grief & Loss” Workshop: Tuesday, March 11, 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

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 and **Coping with the Death of a Parent** 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 in monthly groups.

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.