

Grief Support Opportunities in 2025

(January - 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

January 24 – February 14: Fridays, 10:30 am – 12:00 noon

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: Jan. 9 & Mar. 13 In-Person: Feb. 13 & Apr. 10

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

Virtual: Jan. 21, Feb. 18, Mar. 18 & Apr. 15

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, 10:00 – 11:30 am
 Feb. 11, Mar. 18 & Apr. 15

Coping with Grief & Loss workshop

See p. 2 for more information about “Coping with Grief & Loss” workshops. These sessions are held each quarter at the *Intergenerational Center for Arts & Wellness* in Winston-Salem.

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.

Trellis Supportive Care
Grief Counseling Opportunities, January – 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.

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.

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