

Grief Support Opportunities in 2024

(September - December 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

September 17 – October 8: Tuesdays, 6:00 – 7:30 pm

October 17 – November 7: Thursdays, 10:30 am – 12:00 pm

Mixed Loss Support Group

October 8 – October 29: Tuesdays, 6:00 – 7:30 pm

Monthly Support Groups

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

In-Person: Sept. 12, Dec. 12 Virtual: Oct. 3, Nov. 14

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

Virtual: Sept. 16, Oct. 21, Dec. 16 In-Person: Nov. 18

Grief Education Workshops (see reverse for workshop details)

Invitation to Calm: practices to help you cope with grief

Thursdays, 6:00 – 7:30 pm: October 24 and December 12

Pregnancy & Infant Loss Workshop

Monday, 6:00 – 7:30 pm: October 28

Compass: education & resources for navigating the early months of grief

Tuesday, 6:00 – 7:00 pm: October 1

Coping with the Holidays Workshops

Evening Session for Adults: Tuesday, 6:00 – 7:30 pm: Nov. 12

Morning Session for Adults: Thursday, 10:30 am – 12:00 pm: Dec. 5

Holiday Workshop for Children & Families: Thursday, 6:00 – 7:30 pm: Nov. 14

COMMUNITY-BASED SESSIONS

Grief Support Workshops at Rufty-Holmes Senior Center (Salisbury)

Education & coping support for Rowan County residents, age 55+. To register and for the location address, call **(704) 216-7714**.

Tuesdays, 10:00 – 11:30 am
Sept. 10, Oct. 8,
Nov. 5 and Dec. 3

Trellis Supportive Care
Grief Counseling Opportunities, September - December 2024 (p. 2)

Additional Information about Grief Support Groups & Workshops

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

4-Week Support Groups for Adults provide education about the grief process, help build healthy coping skills, and connect members with others who are grieving similar losses. The **Mixed Loss Support Group** is for those are grieving the loss of a sibling, parent, friend, in-law's, or ex-relationships, among others. 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.

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.

Coping with the Holidays: The holidays can be a difficult time for those grieving the death of a loved one. **Workshops for Adults** will provide grief education, support, and strategies for navigating holiday goals and plans. The **Holiday Workshop for Children & Families** will foster the sharing of memories and support as each family creates a personalized banner for their home. Supplies provided at no cost. Children and teens (grades K-12) must be accompanied by at least 1 participating adult.



Join us for **An Evening of Reflection & Remembrance** on Thursday, October 10 (rain date Oct. 17). Choose to attend a Service of Remembrance at 5:30 pm or 6:30 pm, followed by a Memorial Walk which will remain open until 7:30 pm. You are invited to submit a memorial tribute by personalizing a luminary bag with your loved one's name. For assistance, call (336) 331-1300.



**American
Foundation
for Suicide
Prevention**

Trellis Supportive Care is proud to be a sponsor of the 2024 **Out of the Darkness Triad Area Walk** on Saturday, October 12. This event raises awareness of suicide prevention and unites the community in remembrance, hope, and support. To register or donate, visit [Triad Area Walk](https://www.compassion.com/2024-out-of-the-darkness-triad-area-walk/) or [afsp.org](https://www.afsp.org).

This schedule is regularly updated. Call (336) 331-1300 or visit our website [TrellisSupport.org](https://www.trellissupport.org) for more information.