

# Grief Counseling Opportunities in 2021

(January – June groups and workshops)

Due to ongoing COVID-19 restrictions, all sessions will meet via Zoom. 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 session details.

## Support Groups for Adults

### **Coping with the Death of a Spouse or Partner (evening)**

February 1 – March 1: Mondays, 6:00 – 7:15 pm

April 20 – May 18: Tuesdays, 6:00 – 7:15 pm

### **Coping with the Death of a Parent**

February 2 – March 2: Tuesdays, 6:00 – 7:15 pm

April 26 – May 24: Mondays, 6:00 – 7:15 pm

### **Coping with the Death of a Spouse or Partner (daytime)**

February 25 – March 25: Thursdays, 10:00 – 11:15 am

April 29 – May 27: Thursdays, 10:00 – 11:15 am

### **Traumatic Loss Support Group**

March 15 – April 19: Mondays, 6:00 – 7:15 pm

## Child Loss Connect Group

Meets 2<sup>nd</sup> Thursdays, 6:00 – 7:15 pm:

January 14, February 11, March 11, April 8, May 13, June 10

## Journey: Teen Support Group

March 4 – March 25: Thursdays, 6:00 – 7:15 pm

## Caring for the Creative Self

*a collaboration with Sawtooth School for Visual Art*

### **Meditative Paper Marbling & Mixed Media Techniques**

May 6 – May 20: Thursdays, 6:00 – 7:15 pm

**New to Zoom? We can help!** Zoom tutorials & technology assistance are available. **Call (336) 331-1300** for more information.

## ***More Opportunities for Support***

### **Pet Loss Support Group for Adults**

Support for adults grieving the loss of a beloved pet or animal companion.

Pre-registration is required; call (336) 331-1300 for more information.

*3<sup>rd</sup> Mondays, 6:00 – 7:00 pm:*

*Jan. 18, Feb. 15, Mar. 15,*

*Apr. 19, May 17, Jun 21*

### **Grieving During COVID**

The pandemic has created unique challenges for anyone grieving the loss of a loved one. If you are feeling the impacts of COVID and grief, these supports may help:

### **Grounded to Thrive monthly workshops**

Mindfulness- and arts-based workshops to help you form connections & practice self-care.

*Tuesdays, 6:00 – 7:15 pm:*

*Jan. 26, Feb. 23, Mar. 30,*

*Apr. 27, May 25, Jun. 29*

Supportive resources are available, and a COVID support group is forming for the spring. Call (336) 331-1300 for details.

## Trellis Supportive Care Grief Counseling Services: Description of 2021 Groups & Workshops

### Support Groups for Adults

Support groups provide education about the grief process, help to 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 5-week series.

The **Traumatic Loss Group** is an educational group for adults who have experienced the loss of a loved one through traumatic circumstances. This may include suicide, homicide, tragic accidents, or other situations. This group focuses upon the ways the body experiences traumatic loss, which can include overwhelm, panic, intrusive images, insomnia, and more. The group teaches mindfulness and body-focused coping skills to calm the body and emotions. Group members are asked to first meet individually with a GCS staff member before joining the group series. Plan to attend all sessions in this 6-week series.

### Grounded to Thrive

The pandemic has created many stress points this year, and has been especially challenging for those who are grieving. These mindfulness- and arts-based workshops offer space for grieving adults to feel less isolated, and to practice self-care that can be used outside of group. Each workshop will present a new practice for coping with the many ways grief can be experienced in the body, heart, and mind. In addition to the monthly workshops, participants may opt-in to receive weekly emails that offer more ideas for *mindful grieving* in the midst of this difficult year. Open to adults; each workshop is formatted as a stand-alone experience.

### Journey: Teen Support Group

A 4-week group for teens, ages 13 through high school graduation. This group offers opportunities for teens to journey together as they gain education, explore feelings, and develop coping tools for grief and loss. Creative arts materials will be provided. Plan to attend all sessions in the series.

### Caring for the Creative Self with Sawtooth School for Visual Art's Art+Wellness Program

#### **Meditative Paper Marbling & Mixed Media Techniques**

This 3-session series takes you through a mindful and intentional creative process, from creating marbled paper with *suminagashi*, a Japanese paper marbling technique, to learning creative mixed media techniques that will turn your decorative paper into expressive art. This creative and accessible process encourages play, mindfulness, and self-expression. Kits are provided; plan to attend all sessions in the 3-week series.

**For additional helpful resources, visit the [COVID-19 page](#) on our website:**

**[TrellisSupport.org](https://TrellisSupport.org)**

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All sessions will take place via Zoom; technology assistance is available.**