

## 2018 Grief Counseling Services (April-October)

**Location for all groups:** Hospice & Palliative CareCenter  
101 Hospice Lane • Bldg 121 • Williams Education & Counseling Center  
Winston-Salem, NC 27103

### Mindful & Creative Coping Workshops

#### Writing Toward Healing

Mondays, 9:30-12:00 noon

- May 14 • July 9
- June 11 • August 13

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### 7-Week Grief Support Groups

#### Coping with the Death of a Spouse/Partner

**Evening Session:** 6:00 – 7:30 pm

Begins Monday, September 17

**Day Session:** 2:00 – 3:30 pm

Begins Tuesday, September 18

#### Coping with the Death of a Parent

Begins Tuesday, September 18, 6:00 – 7:30 pm

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### Monthly Grief Support Groups

#### Left Behind: A Group for Survivors of Suicide

2nd and 4th Tuesdays of each month, 6:00 – 7:30 pm

April 10 & 24; May 8 & 22; June 12 & 26; July 10 & 24; August 14 & 28; September 11 & 25; October 9 & 23

#### Coping with the Death of a Child

2nd Tuesday of each month, 6:00 – 7:30 pm

April 10, May 8, June 12, July 10, August 14, September 11, October 9

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### Journey: Teen Workshop

Thursdays, 6:00 – 7:30 pm

- April 26 • October 4

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*See reverse side for group descriptions. There is no fee for groups or workshops. Space is limited; advance registration is requested. To register, call 336-768-6157, ext. 1600.*

## 2018 Grief Counseling Services Group Descriptions: April - October

### **Writing Toward Healing**

You need not consider yourself a writer to attend these workshops. Please join us for an opportunity to explore feelings in a safe environment. Through writing, you will gently probe, reflect, remember, and reconsider. These workshops offer opportunities for you to honor your loved ones, reimagine your life now, and discover inner resources. Open to adults. See flyer for additional information. Call (336) 768-6157, ext. 1600 to register.

### **7-Week Grief Support Groups**

Support groups are designed to offer education about the grief process, and to build coping skills within a supportive environment. In order to join a 7-week counseling group, participants must attend the first and/or second group meeting(s). After the second group meeting, membership is closed. Space is limited; pre-registration is required. Open to adults. Call (336) 768-6157, ext. 1600 to register.

### **Left Behind: A Group for Survivors of Suicide**

A mutual support group for family and friends of those who have died by suicide. A brief intake interview is required before joining the group. Open to adults. Call (336) 331- 1333 for more information.

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

A monthly bereavement support group for parents coping with the death of a child of any age. A brief intake interview is required before joining the group. Call (336) 331- 1300 for more information.

### **Journey: Teen Workshop**

A bereavement workshop for teens, ages 13 through high school graduation. Through the use of the creative arts, participants will explore feelings, gain practical coping skills, and connect with a supportive peer group. This workshop is open to new and returning participants. Call (336) 331-1348 for more information and to register.



## **Camp Carousel**

Supporting the Grief Journey for:  
— children — teens — adults —

**July 16 – 20, 2018**

Visit [www.hospicecarecenter.org](http://www.hospicecarecenter.org) for more information & to register online.