



Transitions
GriefCare

Compassionate
Grief Support

Connect with Us

-  **Get support.** For more information about grief support services, call Transitions GriefCare at 919.719.7199 or email grief@transitionslifecare.org. For children and teen grief support, call Transitions Kids at 919.748.0823 or email kidsgrief@transitionslifecare.org.
-  **Find community.** Upcoming groups, workshops, and events are listed on the Transitions LifeCare website's Calendar of Events. Registration may be necessary.
-  **Learn more.** Resources on grief and how to cope are plentiful. Read our online blog, view the videos on our website, or visit the library in the Kit Boney Grief Center (Raleigh).
-  **Help others.** Request a training or presentation tailored especially for your group.

www.transitionslifecare.org



A community of support can offer hope in difficult times.

Transitions GriefCare offers bereavement support to people coping with the death of a family member or friend. Our professional staff provides short-term counseling, support groups, workshops, and other services designed to compassionately meet the needs of adults seeking to address the unique challenges of grief and create a path toward healing.

Grief support is available at no cost to residents of Chatham, Durham, Franklin, Granville, Harnett, Johnston, Orange, and Wake counties, regardless of whether the family was served by Transitions LifeCare. We appreciate calls from those concerned about their loved ones; however, bereavement services must be initiated directly by the individual.

"It was a safe place to explore my feelings... there was no judgment."



Adult Bereavement Resources

- Educational and support groups
- Individual counseling
- Loss specific support groups
- Programs incorporating the arts, mindfulness, nature, etc.

Child and Teen Bereavement

Transitions Kids offers supportive education and short-term grief counseling with pediatric bereavement specialists for grieving children and teens as well as adults grieving the loss of a child. Transitions Kids coordinates with Transitions GriefCare to offer activities and spaces where the entire family can receive support together.

Community Bereavement Resources

- Community events for remembrance and renewal
- Educational resources on grief and loss, coping skills, and how to offer support to someone who is grieving
- Consultation to groups impacted by a death in their community


We offer a variety of programming because everyone grieves differently.




It takes a
community
to provide a full
circle of care.

The services Transitions LifeCare provides include Transitions CaregiverSupport, Transitions MedicalPartners, Transitions HomeHealth, Transitions PalliativeCare, Transitions HospiceCare, Transitions Kids, and Transitions GriefCare.

While there is no charge for our bereavement services, we do depend on the generosity of our community.

 **Cash or check.** Donation envelopes are available by calling 919.828.0890, or simply mail a check (note your gift is for Transitions GriefCare) and indicate acknowledgement information if needed.

 **Credit card.** Go to transitionslifecare.org/donate.

 **Volunteer.** Our volunteers tell us they find their experiences to be very rewarding. To discover how you can volunteer, visit transitionslifecare.org/volunteer.



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