

## IN-PERSON EVENTS

**Registration is required for all events.**

*Please call 919.719.7199 for more info or to register.*

*All programs are provided at no cost to participants.*

### The Art of Grief: Felted Rock Workshop

Grief can leave us feeling untethered and lost. Finding practices and objects that help us feel grounded is essential in the healing process. In this workshop, participants will be introduced to the meditative process of wet felting and leave with their own grounding object – a felted rock.

*Registration is required; space is limited.*

**Location:** 250 Hospice Circle, Raleigh, NC 27607

**Thursday, February 22 (6:00–8:00pm)**

### Nurturing Nests: A Family Workshop

This workshop is an opportunity for families of all ages, shapes, sizes, and relationships to create a tribute to your shared grief journey. Through the act of decorating a birdhouse, a symbol of safety and community, you'll work together to honor your family's grief and create a tangible reminder of your connection to your loved one. Come prepared to get a little messy. All supplies are provided (one bird house per family unit). Participants are invited to bring memory items (buttons, jewelry, pieces of clothing, etc.) to include in the decoration of their birdhouse.

*Registration is required.*

**Location:** 250 Hospice Circle, Raleigh, NC 27607

**Tuesday, April 16 (6:00–8:00pm)**

### Spring Remembrance

We invite you to join us for an offering of remembrance and renewal. You will be guided through our campus on a path to honor your grief. This outdoor experience will provide opportunities for reflection, creativity, and quiet contemplation. All ages are welcome.

*Visit [transitionslifecare.org/spring-remembrance-2024](https://transitionslifecare.org/spring-remembrance-2024) for more information and to register. Webpage will go live February 1, 2024. This is a drop-in event.*

**Location:** 250 Hospice Circle, Raleigh, NC 27607

**Tuesday, May 14 (6:00–8:00pm)**

## THE COSMIC POST

The Mourner's Bill of Rights tell us that we have the right to make use of ritual. One tool available for ritual release is the Cosmic Post, located on the Transitions LifeCare campus. The Cosmic Post is a functional sculpture that allows you to "mail" correspondence to your loved one who has died. The letter is then burned, creating tendrils of smoke, symbolizing a continued connection with your loved one.

*If you would like to use the Cosmic Post, call 919.719.7199 or speak with your bereavement counselor.*



Transitions GriefCare provides grief support at no charge to the bereaved. If you'd like to help us continue this service, please consider making a donation at [transitionslifecare.org/donate](https://transitionslifecare.org/donate) or scanning this QR code. As a 501(c)(3) charitable organization, donations are fully tax-deductible. Tax ID number is 56-1228779.



## CHILD/TEEN GRIEF SUPPORT

Call Transitions Kids at 919.748.0823  
or email [kidsgrief@transitionslifecare.org](mailto:kidsgrief@transitionslifecare.org)

Access specific resources for children and teens and stay informed about upcoming child and teen programming at [transitionslifecare.org/teens](https://transitionslifecare.org/teens).



250 Hospice Circle, Raleigh, NC 27607

919.719.7199

[transitionslifecare.org/grief-care](https://transitionslifecare.org/grief-care)

Bereavement counseling is available via telehealth and in-person (mask required). Call 919.719.7199 to inquire about scheduling an appointment with one of our licensed professional grief counselors.

## Grief Support GROUPS & EVENTS

February – May 2024



Transitions  
GriefCare

[transitionslifecare.org/grief-care](https://transitionslifecare.org/grief-care)



## VIRTUAL PROGRAMS

### Conversations on Grief

Conversations on Grief introduces participants to the many dimensions of grief. Explore different aspects of grief and grieving in these educational and supportive online conversations. Choose the time/day that best suits your schedule.

#### Understanding Grief

Tues, Feb. 6 (6:00–7:30pm)

Thurs, Apr. 4 (3:00–4:30pm)

#### Anger, Guilt, & Regret

Tues, Feb. 13 (6:00–7:30pm)

Thurs, Apr. 11 (3:00–4:30pm)

#### Communicating My Needs

Tues, Feb. 20 (6:00–7:30pm)

Thurs, Apr. 18 (3:00–4:30pm)

#### Who Am I Now?

Tues, Feb. 27 (6:00–7:30pm)

Thurs, Apr. 25 (3:00–4:30pm)

#### Where Do I Go From Here?

Tues, Mar. 5 (6:00–7:30pm)

Thurs, May 2 (3:00–4:30pm)

### Exploring Grief Through Expressive Arts

Join us for this ongoing virtual expressive arts group. Facilitators will send participants a homework prompt prior to each group for exploring grief through art-making and creativity. The group will meet virtually to share and discuss their creative journey through grief.

*No art experience needed. Participants can use their creative medium of choice (drawing, writing, photography, nature collage, sewing, etc.).*

Thursdays, 1:00–3:00pm

February 8, March 14, April 11, May 9

## SUPPORT GROUPS

Our loss-specific support groups allow connection with others who are grieving a similar loss. Groups offered often include: Spouse/Partner Loss, Parent Loss, and Sibling Loss. Assuming sufficient participant interest, groups are formed in spring and fall. Groups are facilitated by licensed counselors and consultation is required for participation.

## VIRTUAL PROGRAMS

### Mindfulness Meditation for Grief and Healing

Mindfulness meditation is a practice of engaging and exploring the innate healing potential of the body and mind through awareness of sitting posture, gentle movement, and the breath. Participants will be introduced to practical tools for incorporating mindfulness into everyday life as they navigate their grief.

*No experience needed. Mondays, 6:00–7:30pm*

February 12, March 11, April 8, May 13

### Book Club

Calling all readers! Join us in discussing *“It’s OK That You’re NOT OK: Meeting Grief and Loss in a Culture That Doesn’t Understand”* by Megan Devine. Discussion will be generated through thought provoking prompts and questions and woven with grief education. Please note the following trigger warning in this book: Brief mention of drowning.

*For a synopsis and reviews of this book, visit [refugeingrief.com/book](http://refugeingrief.com/book)*

Wednesday, February 21 (12:00–1:30pm)

### The Grieving Brain Workshop

Do you ever wonder why you experience so many emotional, mental, and physical symptoms associated with your grief? Join us as we delve into the ways that grief affects our brain using the book *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by Dr. Mary-Frances O’Conner as our guide to explore the processes naturally occurring in our brain that shape our response to loss.

*This is not a book club, reading the book is not required.*

Thursday, March 7 (12:00–1:30pm)

### How to Use Yoga in Grief

Participants will learn a handful of yoga tools, practice them together and, if desired, share what they notice. Join us for this gentle exploration of how yoga can support you in your grief, led by certified yoga therapist Rachel Manetti. ([pureresiliencyoga.com](http://pureresiliencyoga.com)). *No yoga experience needed*

Tuesday, April 9 (5:30–6:45pm)

## IN-PERSON EVENTS

### Grief Walk

The experience of being outdoors with others has been shown to improve physical and mental health through exercise and connection, even in times of grieving. Join us as we seek comfort in nature and connection with others as we walk the paths at the Museum Park at the North Carolina Museum of Art. The Park paths are paved with slight inclines.

*You are welcome to attend some or all of the walking sessions.*

Location: 1800 Blue Ridge Rd., Raleigh, NC 27607

Tuesdays, 10:00–11:30am

February 13, 27 | March 12, 26

April 9, 23 | May 7, 28

### Moving with Grief

Running and jogging can help someone actively grieving connect with nature, their body, those running alongside them, and with the complex emotions common in grief. Each of us grieves at our own pace and in our own way; this time spent in nature can further teach us how to tune into our inner voice and find our rhythm.

All bodies, levels, and abilities are welcome to explore and discuss the meaningful impacts of movement. We will discuss benefits and special considerations of running in grief. While this workshop is intended to be educational, we encourage you to come dressed for comfort in the event that you wish to run independently or with others you meet following this workshop.

Location: Downtown Cary Park, 327 S Academy St, Cary, NC 27511

Tuesday, April 23 (5:30–7:00pm)

