

Bereavement counseling is available in person at our Raleigh and Durham offices and via telehealth within North Carolina. Call 919.719.7199 to inquire about scheduling an appointment with one of our licensed professional counselors.

Grief Support

GROUPS & EVENTS

October 2024–January 2025



Transitions
GriefCare

You can view all
Transitions GriefCare
events here:



transitionslifecare.org/grief-care



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.

VIRTUAL PROGRAMS

Available within North Carolina.

A Moment for Mindfulness

Mindfulness has been shown to help calm the grieving brain. Join us for a meditation and mindfulness session dedicated to those experiencing grief. Through gentle guidance, we'll explore mindfulness practices that help recognize the reality of loss and foster a sense of connection and peace.

Registration required. Call 919.719.7199.

Wednesdays, 12:00–1:00pm | Oct 16, Nov 20,
Dec 18, Jan 15

Using Yoga in Grief

Participants will learn a handful of yoga tools, practice them together, and 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). *No yoga experience needed.* Registration required. Call 919.719.7199.

Thursday, October 24 (12:00–1:15pm)

Book Club

We will discuss *"It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand"* by Megan Devine. This discussion will be generated through thoughtful prompts and questions. Trigger warning: Brief mention of drowning. Registration required. Call 919.719.7199.

For a synopsis and reviews of this book, visit refugeingrief.com/book

Wednesday, November 6 (12:00–1:30pm)

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

Available within North Carolina.

Anxiety & Grief

This workshop explores the different ways anxiety can manifest in our lives after a loss and discusses practices that can help to increase our feeling of safety and decrease our anxiety. *Registration required.* Call 919.719.7199.

Thursday, January 30 (12:00–1:00pm)

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.).

Registration required. Call 919.719.7199.

Thursdays, 1:00–3:00pm

Oct 10, Nov 14, Dec 12, Jan 16

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. *Registration required.* Call 919.719.7199.

Understanding Grief

Tues, Oct 8 (6:00–7:30pm)

Mon, Nov 18 (12:00–1:30pm)

Thur, Jan 30 (3:00–4:30pm)

Anger, Guilt, & Regret

Tues, Oct 15 (6:00–7:30pm)

Mon, Nov 25 (12:00–1:30pm)

Thur, Feb 6 (3:00–4:30pm)

Why Doesn't Anyone

Understand?

Tues, Oct 22 (6:00–7:30pm)

Mon, Dec 2 (12:00–1:30pm)

Thur, Feb 13 (3:00–4:30pm)

Who Am I Now?

Tues, Oct 29 (6:00–7:30pm)

Mon, Dec 9 (12:00–1:30pm)

Thur, Feb 20 (3:00–4:30pm)

Where Do I Go From Here?

Tues, Nov 5 (6:00–7:30pm)

Mon, Dec 16 (12:00–1:30pm)

Thur, Feb 27 (3:00–4:30pm)

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. *Note:* The Park paths are paved with slight inclines. Please leave pets at home.

Registration required. Call 919.719.7199.

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

Tuesdays, 10:00–11:30am

Oct 8, 22 | Nov 5, 19 | Dec 3, 17 | Jan 7, 21

Grief's No Picnic

For many grievers, mealtime can be a source of anxiety and dread. We will talk about what is hard about eating and cooking when grieving, share tips and recipes with fellow grievers, and share a casual meal in community with others. Participants are encouraged to bring a bagged lunch for themselves – PB&J, leftovers, and drive-through lunches welcome. Come as you are!

Registration required. Call 919.719.7199.

Location: 250 Hospice Circle, Raleigh, NC 27607

Friday, November 15 (12:00–1:30pm)



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.

Grief at the Holidays: A Conversation on Coping – Virtual

Holidays remind us how much our lives have been changed by our loss. Particularly in the first year, there is the challenge of developing new holiday rituals and traditions. During this single session workshop, we'll discuss the importance of planning, self-care, and ways of honoring, remembering, and celebrating.

Registration required. Call 919.719.7199.

Tuesday, Nov 19 (6:00–7:30pm)

OR

Wednesday, Dec 4 (3:00–4:30pm)

Holiday Expressive Arts Gathering – In Person

Join us for an evening of honoring and remembering your loved one(s). We invite you to bring your person's favorite holiday treat to share at our Sweet Treat Memory Buffet. We will be decorating glass luminaries to take home and light in honor of your special person(s). High-School age participants are welcome to join with a participating adult. Pizza dinner will be provided.

No art experience needed. Registration is required at least one week prior to the start of group.
Call 919.719.7199.

Location: 250 Hospice Circle, Raleigh, NC 27607

Thursday, Dec 5 (5:30–8:30pm)

Lights of Remembrance – In Person

We invite you to select one of the dates below to attend and celebrate the life of your loved one through light, imagery, and quiet reflection as you walk along the illuminated pathways on our campus. If you would like us to light a luminary in honor of your loved one, please visit transitionslifecare.org/lor to fill out our online order form. We invite you to personalize your loved one's tribute with their name, photo, and a message. Orders must be submitted online or postmarked by Wednesday, December 11 to ensure adequate time for printing.

Location: 250 Hospice Circle, Raleigh, NC 27607

Wednesday, Jan 8 and Thursday, Jan 9 (5:30–7:30pm)

Grieving Brain – Virtual

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.

Registration required. Call 919.719.7199.

Thursday, Nov 7 (12:00–1:30pm)

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 or scanning this QR code.



You can also support us by purchasing materials from our Amazon Wish List to assist our Expressive Arts programming.



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



Stay informed about upcoming child and teen programming at transitionslifecare.org/teens.

250 Hospice Circle, Raleigh, NC 27607
919.719.7199
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