

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 Support

GROUPS & EVENTS

February–May 2026



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.

Please note that some events are in-person, some are virtual. Virtual offerings are open to participants within NC.

All programs are provided at no cost to participants.

Expressive Arts – Virtual

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

February 5 | March 5 | April 9 | May 7

Grieving Brain – Virtual

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, February 12 (12:00–1:30pm)

A Moment for Mindfulness – Virtual

Mindfulness has been shown to help calm the grieving brain. 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

February 18 | March 18 | April 15 | May 20

Anxiety and Grief – Virtual

This workshop explores the different ways anxiety can manifest in our lives after a loss and discusses practices that can help to increase our feelings of safety and decrease our anxiety.

Registration required. Call 919.719.7199.

Thursday, February 26 (12:00–1:00pm)

Conversations on Grief – Virtual

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

Thursday, March 5 (12:00–1:30pm)

Monday, April 20 (3:00–4:30pm)

Anger, Guilt, and Regret

Thursday, March 12 (12:00–1:30pm)

Monday, April 27 (3:00–4:30pm)

Why Doesn't Anyone Understand?

Tuesday, February 3 (6:00–7:30pm)

Thursday, March 19 (12:00–1:30pm)

Monday, May 4 (3:00–4:30pm)

Who Am I Now?

Tuesday, February 10 (6:00–7:30pm)

Thursday, March 26 (12:00–1:30pm)

Monday, May 11 (3:00–4:30pm)

Where Do I Go From Here?

Tuesday, February 17 (6:00–7:30pm)

Thursday, April 2 (12:00–1:30pm)

Monday, May 18 (3:00–4:30pm)

Using Yoga in Grief – Virtual

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 (pureresilienceyoga.com).

No yoga experience needed.

Registration required. Call 919.719.7199.

Thursday, April 16 (12:00–1:15pm)

Grief Walk – In-person

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

Feb. 10, 24 | Mar. 10, 24 | Apr. 14, 28 | May 12, 26

Spring Remembrance – In-person

You will be guided through our Transitions LifeCare campus on a path to honor your grief. This outdoor experience will provide opportunities for reflection, creativity, and quiet contemplation. Children and teens welcome with adult participation.



Registration:

transitionslifecare.org/spring-remembrance-2026

Location: 250 Hospice Circle, Raleigh, NC 27607

Tuesday, May 19 (6:00–8:00pm)

MONTHLY UPDATES

Sign up to receive monthly email updates on our current programming and events:



SUPPORTING US

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

As a 501(c)(3) charitable organization, donations are fully tax-deductible.

Tax ID number is 56-1228779.





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CHILD/TEEN GRIEF SUPPORT

Register for any of our bereavement support for children and teens 5–18 by calling 919.719.7199 or scan the QR code to register online at transitionslifecare.org/events/category/kids-events



Nurturing Nests: A Family Workshop

– In-person

Join us for a family fun night, where families of all ages, shapes, sizes, and relationships are welcome. This workshop is an opportunity to come together, support one another, and create a lasting tribute to your loved one. Through the act of decorating a birdhouse, you'll work together to create a tangible reminder of your connection to your loved one. This workshop is a safe, welcoming space to connect, reflect, and commemorate your journey through grief together. 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 limited, please call to reserve your space.

Location: 250 Hospice Circle, Raleigh, NC 27607

Thursday, March 12 (6:00–8:00pm)

Drop-in pizza dinner at 5:30pm

The Art of Grief: Felted Rock Workshop

– In-person

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 19 (6:00–8:00pm)

Drop-in dinner at 5:30pm

KidsZone – In-person

A monthly in-person grief group for children ages 5–12 to express grief, connect with peers, and enhance coping skills through themed activities.

Registration required—use the above QR code to register on the website calendar or call 919.719.7199.

Location: 250 Hospice Circle, Raleigh, NC 27607

Sessions alternate monthly between Thursday evenings (with drop-in dinner at 5:30pm) and Saturday afternoons.

Thursday, February 19 (6:00–8:00pm)

Saturday, March 21 (1:00–3:00pm)

Thursday, April 16 (6:00–8:00pm)

Saturday, May 16 (1:00–3:00pm)

Support Over Solitude (S.O.S.) – Virtual

This teen grief support group is open to youth ages 13–18 who have lost a parent, sibling, or other significant person. Participants will meet virtually to name their experiences of grief, build positive coping skills, and connect with other teens who have similar experiences.

Registration required—use the above QR code to register on the website calendar or call 919.719.7199.

Thursdays, 6:00–7:00pm

January 15, 29 | February 12, 26 | March 19 | April 2

Caring Connections – In-person

Caring Connections brings grieving children, teens, and families together to find comfort and support among peers. Through activities centered on fun and play, participants can build friendships and share experiences.

Advance registration is required.

This program is offered quarterly, with specific dates and times to be announced.

250 Hospice Circle, Raleigh, NC 27607

919.719.7199

transitionslifecare.org/grief-care

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