

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

June–September 2026



Transitions
GriefCare

You can view all
Transitions GriefCare
events here:



transitionslifecare.org/grief-care



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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.



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. We will 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, June 18 (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

June 17 | July 15 | August 26 | September 16

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

Tuesday, May 26 (6:00–7:30pm)

Thursday, July 16 (12:00–1:30pm)

Tuesday, September 1 (3:00–4:30pm)

Anger, Guilt, and Regret

Tuesday, June 2 (6:00–7:30pm)

Thursday, July 23 (12:00–1:30pm)

Tuesday, September 8 (3:00–4:30pm)

Why Doesn't Anyone Understand?

Monday, May 4 (3:00–4:30pm)

Tuesday, June 9 (6:00–7:30pm)

Thursday, July 30 (12:00–1:30pm)

Tuesday, September 15 (3:00–4:30pm)

Who Am I Now?

Monday, May 11 (3:00–4:30pm)

Tuesday, June 16 (6:00–7:30pm)

Thursday, August 6 (12:00–1:30pm)

Tuesday, September 22 (3:00–4:30pm)

Where Do I Go From Here?

Monday, May 18 (3:00–4:30pm)

Tuesday, June 23 (6:00–7:30pm)

Thursday, August 13 (12:00–1:30pm)

Monday, September 29 (3:00–4:30pm)

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.

Tuesday, July 14 (12:00–1:00pm)

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 (pureresiliencyoga.com).

No yoga experience needed.

Registration required. Call 919.719.7199.

Thursday, September 17 (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

June 9, 23 | July 7, 28 | Aug. 11, 25 | Sept. 15, 29

MONTHLY UPDATES

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

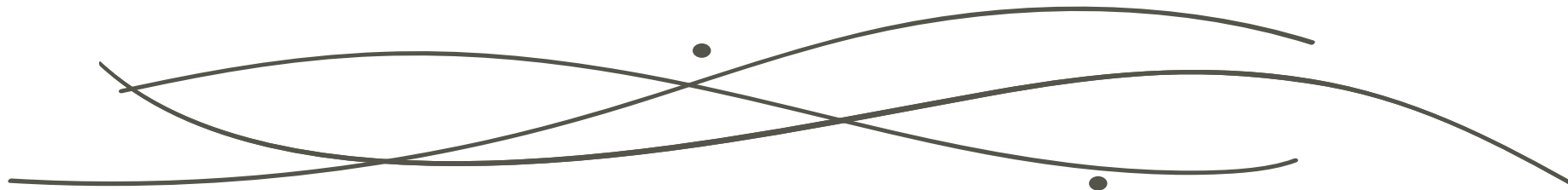


SUPPORTING US

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



ALL AGES WELCOME

Grief Summer Studio Series: Terrarium Workshop – In-person

Come get your hands dirty! Join us for this experiential workshop combining art and nature elements to explore grief experiences. Participants will create nature-based art to invite the healing power of nature and explore the various layers of grief. Children and teens are welcome to register with a participating adult. Group starts promptly at 6:00pm and end time is flexible. The studio will remain open until 8:30pm.

Registration is limited, please call to reserve your space.

Location: 250 Hospice Circle, Raleigh, NC 27607

Tuesday, June 9 (6:00–8:30pm)

Grief Summer Studio Series: Memory Buddies – In-person

Create a Memory Buddy in honor of your loved one! Participants will select and personalize a plush companion with memories, hopes, and wishes, creating a meaningful, huggable keepsake. All supplies are provided, and participants are invited to bring memory items such as buttons, jewelry, or fabric from home to personalize their buddy. Children and teens are welcome to register with a participating adult. Group starts promptly at 6:00pm and end time is flexible. The studio will remain open until 8:30pm.

Registration is required; space is limited.

Location: 250 Hospice Circle, Raleigh, NC 27607

Monday, July 13 (6:00–8:30pm)

Drop-in pizza dinner at 5:30pm

ALL AGES WELCOME

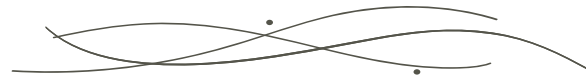
Grief Summer Studio Series: Print-Making – In-person

We are honored to partner with Prof. Tyler Starr and Davidson College for this special workshop, utilizing painting and printmaking techniques. Each participant will create a one-of-a-kind piece of artwork, based on a photo that you provide. Come prepared to get messy as we engage in this playful opportunity to honor and remember your loved one. Participants will be asked to provide a digital copy of a favorite photo of their loved one in advance. Children and teens are welcome to register with a participating adult.

Registration is limited, please call to reserve your space.

Location: 250 Hospice Circle, Raleigh, NC 27607

Tuesday, August 18 (6:00–7:30pm)



Teens and Adults

Summer Grief Photo Club – Virtual

Adults and teens are welcome to join us for this expressive arts experience designed to explore grief through a camera lens on your own timeline. Facilitators will send participants a photography and writing prompt each week during the months of June and July. We will invite participants to complete the prompts independently and offer a virtual gathering to share our photos together. No art experience is needed.

Registration is required, but always open.

Tuesday, August 4 (6:00–8:00pm)

Camp BRIGHT – In-person

Camp BRIGHT is a free, one-day camp for children ages 5–12 who have experienced the death of someone important in their lives. Campers will be supported through fun and creative activities to express their feelings and build connections.

Location: Bond Park Community Center,
150 Metro Park Drive, Cary, NC 27513

Saturday, September 26 (10:00–4:30pm)

To apply for camp, scan the QR code.



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. KidsZone will be on summer break in July and August and will resume in October following Camp BRIGHT in September.

Registration required.

Location: 250 Hospice Circle, Raleigh, NC 27607

Thursday, June 25 (5:30–7:30pm)

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.

Teen Support

Transitions GriefCare periodically offers a virtual teen grief support group. If there is a young person in your life who could benefit from this support, please give us a call at 919.719.7199 to explore further.