



Transitions<sup>®</sup>  
GriefCare

Formerly Horizons Grief Center

# Adult Grief Support Groups & Events Fall / Winter 2016



## SPECIAL PROGRAMS

### Exploring Grief Through Expressive Arts

An opportunity to use the arts to encourage expression, insight, and healing. No artistic experience needed.

Tuesdays, 6:30 – 8:30pm **REGISTRATION REQUIRED**

- **September 20** Exploring My World of Grief
- **October 4** My Grief Journey: From Hurt to Hope
- **November 8** Tending My Garden of Grief

### Grief at the Holidays

- **November 16 (Wednesday)** A Conversation on Coping  
6:30 – 8:00pm **REGISTRATION ENCOURAGED**
- **December 13 (Tuesday)** An Expressive Arts Workshop  
6:30 – 8:30pm **REGISTRATION REQUIRED**

### A Night of Remembrance

Join us as we line our campus walkways with luminaries in remembrance and celebration of those we love. **In order to accommodate all participants, we are offering two service times for this event.**

Please register online at [www.transitionslifecare.org/NOR](http://www.transitionslifecare.org/NOR).

- **December 6 (Tuesday)**

#### First Session

5:30pm Campus opens to walk the pathways

6:00pm Brief community service

**OR**

#### Second Session

7:00pm Campus opens to walk the pathways

7:30pm Brief community service

Parking is limited. Please allow adequate time to park. A shuttle service will be available if off-site parking is needed.

Order a luminary at [www.transitionslifecare.org/NOR](http://www.transitionslifecare.org/NOR)

# DAYTIME PROGRAMS

## Spouse/Partner Loss Support Group

- **August 25 – October 13** (Thursdays)

1:00 – 3:00pm for eight weeks  
REGISTRATION REQUIRED

## Conversations on Grief

These are educational and supportive sessions, each focusing on a different topic. You may attend all sessions or only those that are of interest to you.

Every other Friday 10:30am – 12:00pm  
REGISTRATION ENCOURAGED

- **October 21**  
Understanding Grief – Why Is This So Bewildering?
- **November 4**  
Who Am I Now? – Changes, Challenges, Discoveries
- **November 18**  
What Does “Moving On” Mean? – Letting Go, Holding On
- **December 2**  
Coping with Grief at the Holidays

# EVENING PROGRAMS

## Parent Loss Support Group

- **September 13 – November 1** (Tuesdays)

6:30 – 8:30pm for eight weeks REGISTRATION REQUIRED

## Spouse/Partner Loss Support Group

- **September 19 – November 14** (Mondays)

No meeting October 31

6:30 – 8:30pm for eight weeks REGISTRATION REQUIRED

## Grief Support Group

Types of losses may vary.

- **October 11 – November 29** (Tuesdays)

6:30 – 8:30pm for eight weeks  
REGISTRATION REQUIRED

Programs are held at

**Transitions LifeCare, 250 Hospice Circle, Raleigh, NC 27607**

Please call **919.719.7199** to register for our programs.

The schedule is subject to change.

We encourage you to check our website prior to the event at [transitionslifecare.org/griefcare](https://transitionslifecare.org/griefcare).