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

October 2026–January 2027

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

Oct 8 | Nov 12 | Dec 10 | Jan 21

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, October 22 (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

Oct 28 | Nov 18 | Dec 9 | Jan 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.

Tuesday, November 10 (12:00–1:00pm)

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 (choose one date). Call 919.719.7199.

Tuesday, November 17 (6:00–7:30pm)
Thursday, December 17 (3:00–4:30pm)

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, October 15 (12:00–1:30pm)
Monday, November 16 (3:00–4:30pm)

Anger, Guilt, and Regret
Thursday, October 22 (12:00–1:30pm)
Monday, November 23 (3:00–4:30pm)

Why Doesn't Anyone Understand?
Thursday, October 29 (12:00–1:30pm)
Monday, November 30 (3:00–4:30pm)

Who Am I Now?
Thursday, November 5 (12:00–1:30pm)
Monday, December 7 (3:00–4:30pm)

Where Do I Go From Here?
Thursday, November 12 (12:00–1:30pm)
Monday, December 14 (3:00–4:30pm)

Handle with Care – Virtual

Holding a loved one's clothing or looking at their favorite coffee cup can feel like holding onto the person themselves. But sorting through their things does not mean letting go of their memory. If you are feeling overwhelmed by an estate cleanout or a closet full of memories, this workshop is for you. We will reflect on the challenges of this task and discuss practical sorting methods for deciding what to keep or pass along.

Registration required. Call 919.719.7199.

Tuesday, January 26 (12:00–1:30pm)

Using Yoga in Grief – Virtual

Grief often finds us wanting things to be other than how they are. Yoga is about being with what is. 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, January 28 (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

Oct 6, 20 | Nov 3, 17 | Dec 1, 15 | Jan 5, 19

Yoga for the Tender Heart – In-person

This four class series is for those with tender hearts who are grieving the death of a dear person. Each class will include gentle movement and kind attention to the breath. We'll move between simple poses in seated position, hands and knees, standing, and lying down. Variations will be offered to meet students' needs. The end of each session will include guided meditation for the heart and a time for rest. This series will be led by certified yoga therapist Rachel Manetti (pureresilienceyoga.com).

Registration is limited and required - investment in all four classes is requested. *Call 919.719.7199.*

Location: Cary Yoga Collective, 2425 Kildaire Farm Rd., Suite 407, Cary, NC 27518

Fridays, 1:30–2:30pm

Feeling the Ground
Class 1 | **October 2**

Remembering to Breathe
Class 2 | October 9

Exploring Connection
Class 3 | October 16

Resting in Love
Class 4 | October 23

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.

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.

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.

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

Make Your Own Condolence Card: Expressive Arts Workshop – In-person

Do you ever wish that condolence cards felt as unique as your individual loss or name all that you lost when your loved one died? Secondary losses are the many everyday losses caused by the death of a loved one. Whether it's the loss of income, purpose, identity, or your expected future, these losses are painful and valid. During this workshop, you will have the opportunity to learn more about secondary losses and create condolence cards honoring your own unique losses.

Location: 250 Hospice Circle, Raleigh, NC 27607

Tuesday, October 27 (6:30–8:30pm)

ALL AGES WELCOME

Grief Photo Club – Virtual

Are you looking for a creative way to express your grief, but you're not sure where to start? 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 prompt every other week over email. We will invite participants to complete the prompts independently and will have opportunities to share.

No art experience (or fancy camera) is needed.

Registration is required, but always open. Call 919.719.7199.

Self-paced

ALL AGES WELCOME

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). Children are encouraged to join with a participating adult. Pizza dinner will be provided.

No art experience needed.

Registration required at least one week prior to the start of group. Call 919.719.7199.

Location: 250 Hospice Circle, Raleigh, NC 27607

Thursday, December 3 (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 and quiet reflection as you walk through the illuminated pathways of our campus. If you would like us to light a luminary in honor of your loved one, 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 9 to ensure adequate time for printing.

Location: 250 Hospice Circle, Raleigh, NC 27607

5:30–7:30pm

Tuesday, January 12 or Wednesday, January 13

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. 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, October 15 (6:00–7:30pm)
(Drop-in dinner at 5:30pm)

Saturday, November 14 (1:00–3:00pm)

Thursday, December 17 (6:00–7:30pm)
(Drop-in dinner at 5:30pm)

Saturday, January 23 (1:00–3:00pm)

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. Call 919.719.7199.

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 along with opportunities to develop leadership skills through peer support with other grieving youth. If there is a young person in your life who could benefit from participation, please give us a call at 919.719.7199 to explore further.

250 Hospice Circle, Raleigh, NC 27607
919.719.7199 • transitionslifecare.org/grief-care

8/26
10M