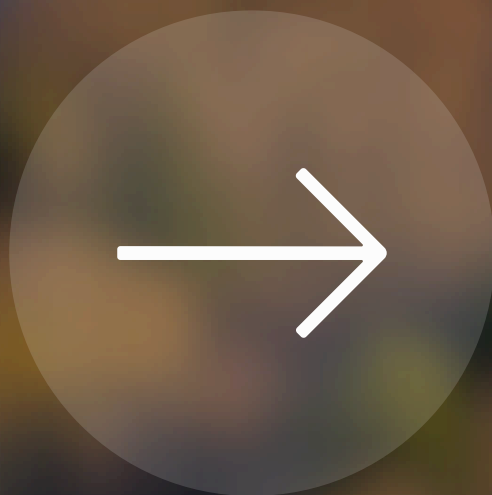


Grief Grows Here Summit Travel Guide

Welcome to Raleigh! I am so honored to have you join us for the Grief Grows Here Summit. This guide is designed to support you as you prepare for travel and to help you navigate your time in the city with ease.





Event Location

Titmus Theatre NC State University

(Located inside of Thompson Hall)

2241 Dunn Avenue

Raleigh, NC 27606

Parking:

Parking is available in the Reynolds Coliseum Parking Deck.

Upper levels are FREE Monday – Friday after 5pm and all day Saturday and Sunday.

Accessible parking is available between Thompson Hall and the Honors Village. Additional parking information can be found at <https://transportation.ncsu.edu/visitor-parking/>.

Airport Information

Raleigh-Durham International Airport (RDU)
Located approximately 20–25 minutes
from NC State University.

Transportation Options:

- Uber / Lyft (most convenient)
- Rental car
- Hotel shuttle (if applicable)



Recommended Hotels



The StateView Hotel

(Closest to NC State campus)

2451 Alumni Dr, Raleigh, NC 27606

<https://www.marriott.com>

Raleigh Marriott City Center

Downtown Raleigh

500 Fayetteville St, Raleigh, NC 27601

<https://www.marriott.com>

Tempo by Hilton

Downtown

200 W Davie St, Raleigh, NC 27601

<https://www.hilton.com/>

Nearby Coffee



Press Coffee & Cakes

400 Hillsborough St suite 108,
Raleigh NC
pressccc.com

Drift Cafe Ridgewood

3510 Wade Ave,
Raleigh, NC 27607
<https://driftcoffee.kitchen>

Jubala Coffee

301 Hillsborough St Suite 120,
Raleigh NC
<https://www.jubalacoffee.com>

Willow House

1004 S Saunders St,
Raleigh, NC 27603
willowhousecoffee.com/

Heirloom

219 S West St,
Raleigh, NC
<https://www.heirloom-raleigh.com>

Recommended Restaurants

Quick Bites (near campus)

Bruegger's Bagels
Jubala Coffee
Sola Coffee Cafe

Casual Dining (Crabtree Valley Mall)

PF Chang's

Fleming's Prime Steakhouse
& Wine Bar

Kanki Japanese Restaurant

Elevated Dining (Downtown)

Oak Steakhouse



Things to Enjoy (If You Have Extra Time)



- **North Carolina Museum of Art** – world-class art and outdoor spaces
- **Pullen Park** – historic park with walking trails and playgrounds
- **DPAC** – Durham Performing Arts Center – check for concerts, theater, and live events nearby
- **Lenovo Center** – sports, concerts, and special events
- **Explore downtown Raleigh** – walkable shops, dining, and local sights

My Heart for This Gathering

The Grief Grows Here Summit is a safe, compassionate space where women navigating loss can encounter honesty, faith, and community. We're so glad you're here, your presence matters. This is a day to be seen, be heard, and connect with others who understand the journey of grief.

Thank you for taking this time for yourself. We can't wait to share this meaningful experience with you.

Sitting with you,

Natasha