



The mission of HeartLight Center (a 501c3 non-profit organization) is to provide affordable grief education and support for the Denver metropolitan community.

## August Virtual Grief Groups 2020

### Monthly HeartLight Support Groups

*A \$10 donation to the nonprofit is encouraged for all support groups*

#### Growing through Grief

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**Aug 5 7:00pm** This ongoing support group is open to anyone who has experienced a death. We will spend time learning about the grief process and connecting with others. Meets the 1<sup>st</sup> Wednesday of each month.

#### Men's Group

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**Aug 4 7:00pm** A peer support group dedicated to addressing the unique issues encountered by men who have experienced the death of a spouse, partner, or significant other. Meets the 1<sup>st</sup> Tuesday of each month.

#### Loss of Spouse/Partner Education & Support Group

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**Aug 12 7:00pm** An ongoing support and educational group for people who have experienced the death of a spouse, partner or significant other. If your loss is recent *or* years ago, you are welcome to come and spend an evening with others who are on a similar journey. This meeting is for personal connections and sharing our stories of our grief experiences. Meets the 2<sup>nd</sup> Wednesday of each month.

#### Loss of a Parent Support Group

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**Aug 19 7:00pm** An ongoing support group for those who have experienced the death of a parent(s). Meets the 3<sup>rd</sup> Wednesday of each month.

#### Loss of Spouse/Partner Peer Group

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**Aug 26 7:00pm** An ongoing support group focused on discussion topics relating to the grief and loss journey. This group is specifically designed to be topic specific and includes break-out discussion groups. Meets the 4<sup>th</sup> Wednesday of each month.

**You must register online to join any of our virtual grief support groups.**