



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

January Virtual Grief Groups 2021

Monthly HeartLight Support Groups

A \$15 donation to the nonprofit is encouraged for all support groups

Loss of a Parent(s) Support Group

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| Jan 4 | 7:00pm | An ongoing support group for those who have experienced the death of a parent(s). Meets the 1st Monday of each month. |
| Jan 20 | 4:00pm | An ongoing support group for those who have experienced the death of a parent(s). Meets the 3 rd Wednesday of each month. |
| Jan 20 | 7:00pm | |

Men's Group

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| Jan 5 | 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 st Tuesday of each month. |
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Growing through Grief

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| Jan 6 | 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 st Wednesday of each month. |
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Loss of Spouse/Partner Education & Support Group

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| Jan 13 | 4:00pm | 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 <i>or</i> years ago, you are welcome to come and spend an evening with others who are on a similar journey. Meets the 2 nd Wednesday of each month. |
| Jan 13 | 7:00pm | |

Healthcare Worker Support Group – NEW GROUP!

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| Jan 14 | 4:30pm | A support group for healthcare workers who have experienced grief and loss due to the complexities and challenges caring for those impacted by COVID-19. This group meets the second Thursday of the month. |
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Loss of Spouse/Partner Peer Support Group

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| Jan 27 | 7:00pm | An ongoing support group focused on discussion topics relating to the grief and loss journey. Meets the 4 th Wednesday of each month. |
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Young Loss of Spouse/Partner Support Group

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| Jan 7 | 8:00pm | An ongoing peer support group for men and women 45 and under who have lost a spouse, partner or significant other who are 6 months or more post loss. This group focuses on topical and small group discussions. Meets the 1st Thursday of each month. |
| Jan 18 | 6:30pm | An ongoing peer support group for men and women 45 and under who have lost a spouse, partner or significant other recently or years ago. Meets the 3rd Monday of each month.. |

To Join these groups, please find and friend Missie <https://www.facebook.com/profile.php?id=10227926> and Christina <https://www.facebook.com/christina.hayslip> on Facebook, then message them to join the group. *For individuals who do not have a Facebook account, please email info@heartlightcenter.org.

PLEASE Register online at <https://www.heartlightcenter.org/index.php/online-registration/>

or call 720.748.9908 www.heartlightcenter.org

HeartLight Center is located at 11150 E. Dartmouth Ave. Denver, CO 80014 | To be added to our email mailing list email info@heartlightcenter.org

Community Groups

East Metro Heartbeat Group

Jan 26 7:00pm

This is an ongoing monthly support group for survivors after suicide, who seek hope and healing in their lives after the tragic loss of a loved one to suicide. We come to share our pain and connect with other survivors in a circle of acceptance, understanding, and love. Meeting via Zoom. Please contact the facilitator for more information or to register to attend.

Contact: Ken ken.wiig@gmail.com or Brenda bgierczak2@aol.com or Katie Ford: 720.300.8213 (call or text)

Compassionate Friends Aurora Chapter

Jan 21 7:00pm

A peer support group for bereaved parents, grandparents and adult siblings who have experienced the death of a child, grandchild or sibling at any age and for any reason. Meets on the 3rd Thursday of each month. Meeting via Zoom. Please contact the facilitator for more information or to register to attend.

Facilitator: Jo English jo.englishco@gmail.com

Bereaved Siblings Support Group

Jan 7 6:30pm

A support group for individuals 18 and older whose sibling or siblings have died. Meets on the 1st Thursday of each month at 6:30pm via zoom. For more information or to register to attend contact Tawnya Musser at 719-430-5272 or tawnya@deardepartures.com

GRASP – Grief Recovery After a Substance Passing

Jan 18 7:00pm

GRASP provides sources of help, compassion and most of all understanding for individuals and families who have had someone they love die as a result of substance use or addiction. Meets the 3rd Monday of each month via zoom. Register on the HeartLight Center website. **Please note:** This group is not appropriate for individuals who are currently dealing with substance abuse.

Special Upcoming Events!

Healing Stories Circle: In Our Work and In Our Lives

Jan 16 9:30am

In our lifetimes there has not been a time of collective sustained stress for our healthcare workers. Story telling is a healing art that can offer a release of responsibility, guilt and grief bringing us together to offer hope and comfort for the future. This virtual program is a gift to you, offering those working in hospice and end-of-life care an opportunity to hear and share stories from around the world and within ourselves. Come with a listening heart and immerse in the gift and light of story.

Facing the Mourning 4-Week Program in February

Feb 3, 10, 17, and 24
4:00-5:30pm

Facing the Mourning is a hands-on kinesthetic experience and invites participants to build memorials, write letters, journal and set goal with milestones. This group will be limited to 8 participants and will meet weekly for four weeks.

For more information email or call info@heartlightcenter.org or call 720.748.9908 www.heartlightcenter.org

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