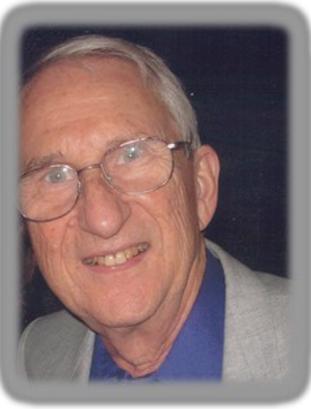


HeartLight Center

A gathering place for grief support, education and comfort



Co-Sponsored by Cherie Karo Schwartz

In Loving Memory of Larry Schwartz

Coping with Grief After a Loss to Alzheimer's or Other Dementias



The loss of loved ones to Alzheimer's or other dementias creates a unique grief process.

HeartLight Center has created a program that offers a safe and supportive environment in which to share and learn, to look back and look ahead. We hope you will join us in caring for yourself as you remember and reflect.

A Loving Commemoration and Celebration of Life

*An Afternoon of Remembrance for those lost to
Alzheimer's or Other Dementias*

Sunday March 21st, 2021

2-4:00pm

Virtual on Zoom!

Come be a part of a very special gathering for those who have lost
beloveds to Alzheimer's and other dementias.

Come share stories of love and support and mementos of your loved
ones in a community of comfort. This time will be filled with stories
and treasured reflections that honor the memory of our loved ones.

***Please bring a treasured object that reminds you of your loved one.
If you wish, you may also bring a photo of your loved one.***

Registration required. Space is limited.

www.HeartLightCenter.org

Please contact HeartLight Center at 720-748-9908 or
info@heartlightcenter.org



Re-membering Our Lives After Dementia Loss

*Grief Support Group for those who have experienced a
dementia-related death of a family member, friend or
someone significant.*

Tuesdays April 6, 13, 20, 27, from 2:00-3:30pm

Facilitator: Allison Gary

Cost: Suggested donation \$45 for 4-week program

Virtual on Zoom!

Registration required, space is limited. Please contact 720-748-9908
or sign up on our website www.heartlightcenter.org

Come share the unique experience of having lost someone to Alzheimer's
or other dementia. This 4-part group will provide support and tools for
moving through reflections and memories by reconnecting with who this
person was through conversation, journaling and other experiences.

Session 1: Introductions: We will introduce ourselves, the person we are
grieving and a little of our story. We will discuss our unique experiences in
our grief so far.

Session 2: Telling Our Stories: *Please bring a special linking object or photo
to share on screen as we tell our stories. We will take time listening and
sharing our stories of our loved ones.

Session 3: New Roles and Emotional Identity: We will discuss the various
emotions experienced during the grief process. We will discuss identity
changes, difficulties, transitions/adjustments.

Session 4: Coping and Saying Goodbye to the Group: We will discuss healthy
coping discovered over the last several weeks, what can moving forward look
like while we still connect with our loved ones, and continued plans for
coping and support. Conduct a closing ritual.