



A non-profit organization providing grief support and education.
To be added to our email mailing list email info@heartlightcenter.org

May 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

May 3	7:00pm	Zoom	An ongoing support group for those who have experienced the death of a parent(s). Meets the 1 st Monday of each month.
May 19	4:00pm	HeartLight Center	An ongoing support group for those who have experienced the death of a parent(s). Meets the 3 rd Wednesday of each month. Select either the 4pm or 7pm time.
May 19	7:00pm	Zoom	

Men's Loss of Spouse/Partner Group

May 4	7:00pm	Zoom	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

May 5	7:00pm	Zoom	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 Support Group

May 12	4:30pm	HeartLight Center	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 spend an evening with others who are on a similar journey. Meets the 2 nd Wednesday of each month. Select either the 4:30pm or 7pm time.
May 12	7:00pm	Zoom	
May 26	7:00pm	Zoom	An ongoing support group focused on discussion topics relating to the grief and loss journey. Meets the 4 th Wednesday of each month.

Healthcare Worker/Professionals Support Group

May 13	4:30pm	Zoom	An ongoing group for healthcare workers and other professionals who work with bereaved individuals or are experiencing grief and loss due to their profession. This group meets the 2 nd Thursday of the month.
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COVID Loss Group: You Are Not Alone – NEW!

May 8	9:00am	Zoom	A Support Group if you are experiencing loss, of any kind, due to the COVID 19 pandemic. This group meets the 2 nd Saturday of the month.
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Young Loss of Spouse/Partner Support Group

May 6	8:00pm	Highlands Church NEW ADDRESS: 1700 S. Grant Street, Denver, CO 80210	An ongoing peer support group for adults 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 1 st Thursday of each month.
May 21	6:30pm	HeartLight Center	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. NEW MEETING DATE & TIME: 3 rd Friday of the Month at 6pm

To Join the Young Loss of Spouse Facebook group, please find and friend Missie <https://www.facebook.com/MissieJohnsonWest> and Christina <https://www.facebook.com/christina.hayslip> on Facebook, then message them to join the group.

PLEASE Register online at <https://www.heartlightcenter.org/index.php/online-registration/> or call 720.748.9908

Community Groups

East Metro Heartbeat Group

May 25 7:00pm Zoom 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

May 20 7:00pm Zoom 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

May 6 6:30pm Zoom 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

May 17 7:00pm Zoom 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.

Voices of Grief

Wednesdays starting May 5 6:30-8:00pm
Thursdays starting May 6 3:00-4:30pm
First United Methodist Church
420 N. Nevada St;
Colorado Springs,
80903
HeartLight Center is partnering with Voices of Grief in Colorado Springs, offering two in-person 8-Week Bereavement Education and Support Groups
Cost: \$80
Facilitators: Kathy (Kathy.Sparnins@voicesofgrief.org), Ann (AnnM@fumc-cs.org), Sarah (sarilee1205@msn.com)
Registration required by April 26!

Upcoming Events

Facing the Mourning Facilitator Trainings

May 11 9:00am Zoom
May 15 9:00am Zoom
For professionals who would like to offer the 4-week Facing the Mourning program to their organizations or communities, we invite you to join us for training opportunities to learn facilitating this program by our very own Jennifer McBride.
Cost: \$65
Registration required.

Living with Loss Virtual Yoga Workshop

May 11, 18 & 25 6:30pm Zoom
Join Vanessa Schmautz, LSW & CYT500, and Bonnie Herrmann, LCSW for a 3-week workshop series to support you on your grief journey. Grief can manifest with emotions in our physical body. Together, we will hold space to discuss and explore your loss and use gentle yoga postures and breathing practices to honor and care for your mind, body and soul as you navigate living life with loss. This workshop is about connecting our emotions with our physical body and no prior yoga experience is necessary. Suggested donation \$45
Partnership with Seasons Hospice & Palliative Care
Space is limited. Registration Required.

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

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