



A non-profit organization providing grief support and education.

To be added to our email mailing list email [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

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

## July-September Support Groups 2021

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

### Monthly HeartLight VIRTUAL Support Groups

#### Loss of a Parent(s) Support Group

|        |        |              |  |
|--------|--------|--------------|--|
| July 5 | 7:00pm | Virtual/Zoom | An ongoing support group for those who have experienced the death of a parent(s). Meets the 1 <sup>st</sup> Monday of the month. |
| Aug 2  | 7:00pm |              |  |
| Sept 6 | 7:00pm |              |  |

#### Men's Loss of Spouse/Partner Group

|        |        |                                     |  |
|--------|--------|-------------------------------------|--|
| July 6 | 7:00pm | Virtual/Zoom and In Person (hybrid) | 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 the month. |
| Aug 3  | 7:00pm |                                     |  |
| Sept 7 | 7:00pm |                                     |  |

#### Growing Through Grief

|        |        |              |   |
|--------|--------|--------------|---|
| July 7 | 7:00pm | Virtual/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 <sup>st</sup> Wednesday of the month. |
| Aug 4  | 7:00pm |              |   |
| Sept 1 | 7:00pm |              |   |

#### Loss of Spouse/Partner Support Group

|         |        |              |  |
|---------|--------|--------------|--|
| July 14 | 7:00pm | Virtual/Zoom | 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 <sup>nd</sup> Wednesday of the month. |
| Aug 11  | 7:00pm |              |  |
| Sept 8  | 7:00pm |              |  |

#### Healthcare Worker/Professionals Support Group

|        |        |              |  |
|--------|--------|--------------|--|
| July 8 | 4:30pm | Virtual/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 <sup>nd</sup> Thursday of the month. |
| Aug 12 | 4:30pm |              |  |

#### COVID Loss Group: You Are Not Alone

|         |        |              |  |
|---------|--------|--------------|--|
| July 10 | 9:00am | Virtual/Zoom | A Support Group if you are experiencing loss, of any kind, due to the COVID 19 pandemic. This group meets the 2 <sup>nd</sup> Saturday of the month. |
| Aug 14  | 9:00am |              |  |
| Sept 11 | 9:00am |              |  |

### Monthly HeartLight IN-PERSON Support Groups

#### Men's Loss of Spouse/Partner Group

|        |        |                                     |  |
|--------|--------|-------------------------------------|--|
| July 6 | 7:00pm | HeartLight Center and Zoom (hybrid) | 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 the month. |
| Aug 3  | 7:00pm |                                     |  |
| Sept 7 | 7:00pm |                                     |  |

#### 5+ Year Loss of Spouse/Partner Group (NEW!)

|         |        |                   |  |
|---------|--------|-------------------|--|
| July 12 | 7:00pm | HeartLight Center | An ongoing support group for people who have experienced the death of a spouse, partner or significant other, five or more years ago. Meets the 2 <sup>nd</sup> Monday of the month. |
| Aug 9   | 7:00pm |                   |  |
| Sept 13 | 7:00pm |                   |  |

#### Loss of a Parent(s) Support Group

|         |        |                   |  |
|---------|--------|-------------------|--|
| July 21 | 7:00pm | HeartLight Center | An ongoing support group for those who have experienced the death of a parent(s). This group meets the 3 <sup>rd</sup> Wednesday of the month. |
| Aug 18  | 7:00pm |                   |  |
| Sept 15 | 7:00pm |                   |  |

## Loss of Spouse/Partner Support Group

|         |        |                          |   |
|---------|--------|--------------------------|---|
| July 14 | 4:00pm | <b>HeartLight Center</b> | 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 <sup>nd</sup> Wednesday at 4pm and 4 <sup>th</sup> Wednesday at 7pm monthly. |
| July 28 | 7:00pm |                          |   |
| Aug 11  | 4:00pm |                          |   |
| Aug 25  | 7:00pm |                          |   |
| Sept 8  | 4:00pm |                          |   |
| Sept 22 | 7:00pm |                          |   |

## Young Loss of Spouse/Partner Support Group

|         |        |   |  |
|---------|--------|---|--|
| July 1  | 7:00pm | <b>Highlands Church</b>                             | 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. This group meets the 1 <sup>st</sup> Thursday of the month.  |
| Aug 5   | 7:00pm |   |  |
| Sept 2  | 7:00pm |   |  |
|         |        | NEW ADDRESS: 1700 S. Grant Street, Denver, CO 80210 |  |
| July 23 | 6:00pm | <b>HeartLight Center</b>                            | 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. This group typically meets the 3 <sup>rd</sup> Friday of the month. *Please note this group will meet the 4 <sup>th</sup> Friday in July, and 2 <sup>nd</sup> Friday in August. |
| Aug 13  | 6:00pm |   |  |
| Sept 17 | 6:00pm |   |  |

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.

## Community Groups

### East Metro Heartbeat Group

|         |        |   |  |
|---------|--------|---|--|
| July 27 | 7:00pm | <b>HeartLight Center or Zoom (hybrid)</b> | 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. Please contact the facilitator for more info and to register. <b>Facilitators:</b> Ken <a href="mailto:ken.wiig@gmail.com">ken.wiig@gmail.com</a> or Brenda <a href="mailto:bgierczak2@aol.com">bgierczak2@aol.com</a> or Katie Ford: 720.300.8213 (call or text) |
| Aug 31  | 7:00pm |   |  |
| Sept 28 | 7:00pm |   |  |

### Compassionate Friends Aurora Chapter

|         |        |                          |   |
|---------|--------|--------------------------|---|
| July 15 | 7:00pm | <b>HeartLight Center</b> | 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 3 <sup>rd</sup> Thursday of each month. Please contact the facilitator for more info and to register. <b>Facilitator:</b> Jo English <a href="mailto:jo.englishco@gmail.com">jo.englishco@gmail.com</a> |
| Aug 19  | 7:00pm |                          |   |
| Sept 16 | 7:00pm |                          |   |

### Bereaved Siblings Support Group

|        |        |      |  |
|--------|--------|------|--|
| July 1 | 7:00pm | Zoom | A support group for individuals 18 and older whose sibling or siblings have died. Meets on the 1 <sup>st</sup> Thursday of each month at 6:30pm via zoom. Please contact the facilitator for more info or to register to attend. <b>Facilitator:</b> Tawnya Musser at 719-430-5272 or <a href="mailto:tawnya@deardepartures.com">tawnya@deardepartures.com</a> |
| Aug 5  | 7:00pm |      |  |
| Sept 2 | 7:00pm |      |  |

### GRASP – Grief Recovery After a Substance Passing

|         |        |                          |   |
|---------|--------|--------------------------|---|
| July 19 | 7:00pm | <b>HeartLight Center</b> | 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 3 <sup>rd</sup> Monday of each month. Register on the HeartLight Center website. * <b>Please note:</b> This group is <u>not</u> appropriate for individuals who are currently dealing with substance abuse. |
| Aug 16  | 7:00pm |                          |   |
| Sept 20 | 7:00pm |                          |   |



For more information email or call [info@heartlightcenter.org](mailto: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](mailto:info@heartlightcenter.org)