



# FACING THE MOURNING

**In Person Group** 11150 E. Dartmouth Ave. Denver  
Tuesdays October 5, 12, 26 and November 2  
4:00-5:30 p.m.

**Virtual Group**  
Tuesdays November 2, 9, 16 and 23  
11:00-12:30

Facing the Mourning is an interactive 4-week support group, created by HeartLight Center, for individuals addressing all types of death and grief experiences. The group is designed to help with the grieving process by using visual and thought provoking tools and examples. The attendees have weekly assignments to support the concepts introduced in each sessions.

## **Week One - Keeping Your Memories Alive**

Learn how to honor your loved one by building memorials.

## **Week Two - Letter Writing**

Discuss letter writing as a tool, and write a letter to a person of your choice.

## **Week Three - Journaling Your Thoughts**

Learn how to journal your thoughts to show progress through the grief journey.

## **Week Four - Working Toward the Future**

Learn how to set goals with milestones.

Cost: \$65 to include all 4 sessions

Register to attend at [www.heartlightcenter.org](http://www.heartlightcenter.org)  
or call 720-740-9908