



HeartLight Center is a non-profit offering
Grief Support and Education



Support Groups, Workshops,
Educational Seminars and Resources



Sharing Grief. Finding Hope.

Visit our website to learn more

You're invited to join us as we host Dr. Alan Wolfelt

**TENDING TO YOUR BROKEN HEART
WHEN SOMEONE DIES:
HOPE FOR YOUR HEALING
A PROGRAM FOR THOSE GRIEVING**

Presentation by Dr. Alan Wolfelt

TUESDAY OCTOBER 19, 2021
6:30 PM - 8:30 PM
5303 E COUNTY LINE RD,
CENTENNIAL, CO 80122




HORAN & McCONATY

Cremation • Burial • Pre-Planning
Compassionate • Professional

PROGRAM IS FREE TO ATTEND BUT REGISTRATION IS REQUIRED AT
WWW.HEARTLIGHTCENTER.ORG

www.heartlightcenter.org
720-740-9908
info@heartlightcenter.org

Why this Program?

This is an opportunity to learn some essential information that Dr. Wolfelt has learned in his four decades of “companioning” thousands of people in grief. Don’t miss this opportunity to learn from a best-selling author about how to integrate grief into your life, your living, and your loving. If you know anyone who would benefit from this opportunity to embrace hope and healing, please let them know about this program. We look forward to having you, your family, and your friends join us.

Purpose

Dr. Alan Wolfelt is one of North America’s leading grief counselors and the author of many best-selling books about healing in grief. This compassionate program will acknowledge that loss is an unavoidable part of human life, but it doesn’t have to prevent you from living well. The content of this evening program is based on Dr. Wolfelt’s book, *First Aid for Broken Hearts*.

Agenda

Among the content areas to be explored in this program are the following:

- Broken Hearts: A Broader Framework for Loss
- Exploring the “Ripple Effect” of Grief: Loss of Self, Security, Meaning
- Understanding the Value of Convalescence
- Distinguishing Grief from Mourning
- The Unique Influences on Your Grief
- Describing Potential Dimensions of Your Response
- Identifying the Six Central Needs of Mourning
- Understanding Your Self-Care Essentials
- Hope for Your Healing: Reconciliation versus Resolution

About the Presenter: Dr. Alan Wolfelt has been recognized as one of North America’s leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He founded the Center for Loss in 1984 to offer education and support both to griever and bereavement caregivers. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books, including *First Aid for Broken Hearts*, and other resources on grief for both caregivers and grieving people.