



A non-profit organization providing meaningful and accessible grief support and education.

To be added to our email mailing list email info@heartlightcenter.org

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

October-December Support Groups 2021

PLEASE Register online at <https://heartlightcenter.org/events-calendar/> or contact us 720.748.9908 info@heartlightcenter.org

Monthly HeartLight VIRTUAL Support Groups

Loss of a Parent(s) Support Group

Oct 4	7:00pm	Virtual/Zoom	An ongoing support group for those who have experienced the death of a parent(s). Meets the 1 st Monday of the month.
Nov 1	7:00pm		
Dec 6	7:00pm		

Growing Through Grief

Oct 6	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 st Wednesday of the month.
Nov 3	7:00pm		
Dec 1	7:00pm		

Loss of Spouse/Partner Support Group

Oct 13	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 <i>or</i> years ago, you are welcome to spend an evening with others who are on a similar journey. Meets the 2 nd Wednesday of the month.
Nov 10	7:00pm		
Dec 8	7:00pm		

COVID Loss Group: You Are Not Alone

Oct 9	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 nd Saturday of the month.
Nov 13	9:00am		
Dec 11	9:00am		

Monthly HeartLight IN-PERSON Support Groups

Men's Loss of Spouse/Partner Group

Oct 5	7:00pm	HeartLight Center	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 the month.
Nov 2	7:00pm		
Dec 7	7:00pm		

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

Oct 11	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 nd Monday of the month.
Nov 8	7:00pm		
Dec 13	7:00pm		

Loss of a Parent(s) Support Group

Oct 20	7:00pm	HeartLight Center	An ongoing support group for those who have experienced the death of a parent(s). This group meets the 3 rd Wednesday of the month.
Nov 17	7:00pm		
Dec 15	7:00pm		

Loss of Spouse/Partner Support Group

Oct 13	4:00pm	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 <i>or</i> years ago, you are welcome to spend an evening with others who are on a similar journey. Meets the 2 nd Wednesday at 4pm and 4 th Wednesday at 7pm monthly.
Oct 27	7:00pm		
Nov 10	4:00pm		
Nov 24	7:00pm		
Dec 8	4:00pm		
Dec 22	7:00pm		

Young Loss of Spouse/Partner Support Group

Oct 7	7:00pm	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. This group meets the 1 st Thursday of the month.
Nov 4	7:00pm		
Dec 2	7:00pm		
Oct 15	6:00pm	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. This group typically meets the 3 rd Friday of the month.
Nov 19	6:00pm		
Dec 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.

Curriculum Groups

New Beginnings 6-Week Group

Sundays Oct 3, 10, 17, 24, 31, & Nov 7 from 10-11:30am	HeartLight Center	The days, weeks and months following the loss of a spouse or partner may be filled with many unexpected and challenging struggles. Within the first year these may seem impossible to cope with. In this group you will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose. The 6 interactive meetings will deal with many of the difficult topics that arise during the first year after the loss of a spouse/partner.
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Cost: \$45

Registration is required.

In-Person Facing the Mourning – 4-Week Group

Tuesdays Oct 5, 12, 26, & Nov 2 from 4-5:30pm	HeartLight Center	Facing the Mourning is a hands-on kinesthetic experience and invites participants to build memorials, write letters, journal and set goal with milestones. This group will be limited to 8 participants and will meet weekly for four weeks.
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Cost: \$65 (includes a participant manual)

Registration is required.

Virtual Facing the Mourning – 4-Week Group

Tuesdays Nov 2, 9, 16 & 23 from 11-12:30pm	Zoom	Facing the Mourning is a hands-on kinesthetic experience and invites participants to build memorials, write letters, journal and set goal with milestones. This group will be limited to 8 participants and will meet weekly for four weeks.
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Cost: \$65 (includes a participant manual)

Registration is required.



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Community Groups

East Metro Heartbeat Group

Oct 26 7:00pm
Nov 30 7:00pm Zoom
Dec 28 7:00pm

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.
Facilitators: Ken ken.wiig@gmail.com or Brenda bgierczak2@aol.com or Katie Ford: 720.300.8213 (call or text)

Compassionate Friends Aurora Chapter

Oct 21 7:00pm
Nov 18 7:00pm
Dec 16 7:00pm

HeartLight Center

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. Please contact the facilitator for more info and to register.

Facilitator: Jo English jo.englishco@gmail.com

Bereaved Siblings Support Group

Oct 7 6:30pm
Nov 4 6:30pm
Dec 2 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. Please contact the facilitator for more info or to register to attend.

Facilitator: Tawnya Musser at 719-430-5272 or tawnya@deardepartures.com

GRASP – Grief Recovery After a Substance Passing

Oct 18 7:00pm
Nov 15 7:00pm
Dec 20 7:00pm

HeartLight Center

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. Register on the HeartLight Center website. ***Please note:** This group is not appropriate for individuals who are currently dealing with substance abuse.



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October-December Special Events 2021

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Upcoming Events

Facing the Mourning Facilitator Training

Oct 1	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, includes Facilitator Manual
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Alan Wolfelt Program – Tending to a Broken Heart

Oct 19	6:30pm	Horan & McConaty 5303 E. County Line Rd., Centennial, CO 80122	This is an opportunity to learn some essential information that Dr. Wolfelt has learned in his four decades of “companionship” 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. Suggested donation of \$25
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Alan Wolfelt Program – Understanding Grief Overload: Principals and Practices

Oct 20	8:30am	Horan & McConaty 5303 E. County Line Rd., Centennial, CO 80122	Grief overload occurs when someone experiences too many significant losses all at once or in a relatively short period of time. Our human minds and hearts have enough trouble coping with one loss at a time, but when a person has to integrate multiple losses simultaneously, the grief experience has many special features that both need and deserve attention. Come join us and have Dr. Alan Wolfelt take you on a journey into the lessons he has learned when supporting people that have encountered grief overload. Suggested donation of \$25
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Finding Peace, One Piece at a Time

Oct 25	7:00pm	HeartLight Center or Zoom (hybrid)	There is no set time that is appropriate for sorting through your loved one’s personal belongings. Their possessions tell a beautiful story of their lives and deciding what to do with the items is often daunting and confusing. Whether you are struggling where to begin or you are pondering a few items, join us for an evening of guidance, frank conversations and ideas of how to memorialize your loved one through their personal belongings. Our loved one’s possessions embody memories that should be saved, shared, and treasured. Participants may attend in person at HeartLight Center 11150 E. Dartmouth Ave, Denver or Virtually. Suggested donation of \$25
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First Steps: A Comprehensive Guide to Financial Matters After Death

Oct 12	6pm	Zoom	Bringing you information and tools needed for handling practical matters after death - financial matters, understanding what documents you’ll need and how to get them, closing accounts and filing claims, Shane Phillips (author of First Steps: A Comprehensive Guide to Financial Matters After Death) will support you with sifting through what can be an overwhelming process into more doable tasks. Seminar is free of cost! First Steps: A Comprehensive Guide To Financial Matters After A Death provides you with information and tools needed for handling financial matters after the death of a loved one. This 92 page book is full of checklists, tips, and other resources that are helpful to a person dealing with a decedents financial matters. The book includes ample space for you to take notes and create personalized action item lists. Purchase the guide for \$30
Oct 26	12pm		
Nov 9	6pm		
Nov 23	12pm		
Dec 7	6pm		
Dec 21	12pm		

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