



FACING THE MOURNING

In Person Group 11150 E. Dartmouth Ave. Denver
Tuesdays January 11, 18, 25 & February 1
4:00-5:30 p.m.



Virtual Group Zoom
Thursdays February 3, 10, 17 & 24
6-7:30pm (PT) / 7-8:30pm (MST) / 8-9:30pm (CT) / 9-10:30pm (EST)



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 and Participant Manual

Register to attend at www.heartlightcenter.org
or call 720-748-9908