



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

2022 3-Month Calendar

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

Virtual Monthly Groups

LOSS OF A PARENT(S)

upcoming dates: Mon. May 2, June 6, & Tues. July 5

start time: 6pm PT / 7pm MST / 8pm CT / 9pm ET

An ongoing group for those who have experienced the death of a parent or adult caregiver. Meets on the 1st Monday monthly.

GROWING THROUGH GRIEF

upcoming dates: May 4, May 17, June 1, June 21, July 6 & July 19 start time: 6pm PT / 7pm MST / 8pm CT / 9pm ET

An ongoing group open to anyone who has experienced a death loss. A helpful "introductory" group. Meets on the 1st Wednesday and 3rd Tuesday monthly.

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. May 11, June 8, & July 13

start time: 6pm PT / 7pm MST / 8pm CT / 9pm ET

An ongoing group for those who have experienced the death of a spouse, partner or significant other. Meets on the 2nd Wednesday monthly.

SPANISH-SPEAKING GRIEF SUPPORT - NEW!

upcoming dates: Tues. June 14 & July 12

start time: 6pm PT / 7pm MST / 8pm CT / 9pm ET

An ongoing group open to anyone who has experienced a death for individuals who speak Spanish as their primary language. Meets on the 2nd Tuesday monthly.

Facing the Mourning 4-Week Groups

Facing the Mourning is a hands-on experience, giving you consistent support, and inviting participants to participate in tasks and activities that helps give a meaningful framework to grief.

VIRTUAL

location: Zoom

upcoming dates: Thurs. June 9, 16, 23, & 30

time: 5:30-7pm(PT)/6:30-8:00pm(MST)/7:30-9pm(CT)/8:30-10pm(ET)

Cost: \$65 + \$3 shipping (includes a participant manual)

Anyone anywhere can join! **Registration is required.**

Workshops

SOUL CENTERED HOLISTIC GRIEF HEALING

location: Zoom

upcoming dates: June 14 & 21

start time: 5:30pm PT/6:30pm MST/7:30pm CT/8:30pm ET

When our loved one dies we suffer. Our suffering isn't merely limited to one aspect of our life, but all aspects of our life. The suffering we feel and the grief we experience is holistic, impacting us mentally, emotionally, physically and spiritually. This is why the healing process can not simply address one aspect of us and our life, but must also be a holistic healing response. Soul Centered Holistic Grief Healing is an experiential workshop providing anyone, at any time, after any loss, a holistic approach to healing. During this 2-part program you will explore what it means to holistically heal, practical pathways to healing, and the comfort, support and guidance you need, not to move on from your loss and your grief, but to move forward in discovering your journey of healing and fully live your life. Suggested Donation: \$30. **Space is Limited. Registration is required.**



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HeartLight Center is located at 11150 E. Dartmouth Ave. Denver, CO 80014 | To be added to our email mailing list email info@heartlightcenter.org

Facing the Mourning Facilitator Training

upcoming dates: June 24th

Location: Hybrid (join us Virtually or in-person at HeartLight Center!)

start time: 11-1pm (MST)

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 Facing the Mourning expert, Jennifer McBride.

Registration Required. Cost: \$85 (includes a Facilitator Manual and the 2-hour training program)

First Steps Seminars

A COMPREHENSIVE GUIDE TO FINANCIAL MATTERS AFTER DEATH

upcoming dates: May 11, 25, June 8, 22, July 6 & 20

start time: 5pm PT / 6pm MST / 7pm CT / 8pm ET

Seminar: 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, and more - 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!**

Workbook: First Steps: A Comprehensive Guide to Financial Matters After A Death 92-page book provides you with information and tools needed for handling financial matters after the death of a loved one. Full of checklists, tips, and other resources that are helpful for dealing with a decedent's financial matters, the book includes ample space for you to take notes and create personalized action item lists. **Purchase for \$30**

HeartLight Educational *Signature Series*

WHAT'S YOUR GRIEF

SUPPORTING SHATTERED WORLDS

Program for Professionals: Understanding Traumatic Loss

Date: May 10th

start time: 8am PT / 9am MST / 10am CT / 11am ET

A virtual program for caregiving professionals including Hospice and Healthcare Professionals, Funeral Directors, Counselors/Therapists, and Volunteer Caregivers

In the relationship between traumatic loss, grief, and PTSD, there is a lot of confusion. This training will provide professionals with a framework for understanding the relationship between acute stress, trauma, and grief, as well as identifying the impact of trauma responses on bereavement. Building on the shattered assumptions theory of trauma and post-traumatic growth research, professionals will learn practical approaches to support individuals who have experienced traumatic losses. The session will specifically consider the potential impact on a family's grief experience when death was a result of COVID or occurred during COVID.

Registration Required. Suggested donation: \$15

Program for the Community: Some Bonds Cannot Be Broken

Fostering Continued Connections with Loved Ones Who Have Died

Date: May 10th

start time: 5pm PT / 6pm MST / 7pm CT / 8pm ET

A virtual program for anyone who has experienced a loss or is supporting a grieving loved one through loss.

Creating ongoing and continued connections with loved ones who have died is a normal and natural part of grief. These connections, known as continued bonds, can bring great comfort as you learn to move forward in the world without your loved one – holding onto items, daily habits, private rituals, conversations with your loved one, visiting places where you feel close to them, thinking about them – these are all ways people stay connected to those who have died. Unfortunately, certain deaths pose uniquely difficult challenges to coping with grief and creating continuing bonds. Sudden losses, deaths that are stigmatized, and deaths that have occurred during COVID-19 are just a handful of these potentially traumatic losses. Adapting in these circumstances can be particularly difficult, leaving some people with especially intense, pervasive, overwhelming grief.

Registration Required. Suggested donation: \$15



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