



2022 3-Month Calendar – June-August

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

Ongoing Virtual Monthly Groups

LOSS OF A PARENT(S)

upcoming dates: Mon. June 6, Tues. July 5, Mon. Aug 1 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET
For those who have experienced the death of a parent or adult caregiver. Meets on the 1st Monday monthly.

GROWING THROUGH GRIEF

upcoming dates: June 1, June 21, July 6, July 19, Aug 3 & Aug 16 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET
Open to anyone who has experienced a death loss. Meets on the 1st Wednesday and 3rd Tuesday monthly.

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. June 8, July 13, & Aug 10 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET
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, & Aug 9 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET
Open to anyone who has experienced a death for individuals who speak Spanish. Meets on the 2nd Tuesday monthly.

SUICIDE LOSS GRIEF SUPPORT - NEW

upcoming dates: Thurs. June 9, July 14, & Aug 11 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET
For those who have experienced a loss to suicide. Meets on the second Thursday monthly.

Ongoing In-Person Monthly Groups

MEN'S LOSS OF A SPOUSE/PARTNER

upcoming dates: Tues. June 7, July 5, & Aug 2 **location:** HeartLight Center
start time: 7pm MST
Dedicated to the unique issues encountered by men who have experienced the death of a spouse, partner or significant other. Meets on the 1st Tuesday monthly.

5+ YEAR LOSS OF A SPOUSE/PARTNER

upcoming dates: Mon. June 13, July 11, & Aug 8 **location:** HeartLight Center
start time: 7pm MST
For those who experienced the death of a spouse or partner 5+ years ago. Meets on the 2nd Monday monthly.

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. June 8, July 13, & Aug 10 **location:** HeartLight Center
start time: 4pm (MST)
upcoming dates: Wed. June 22, July 27, & Aug 24 **start time:** 7pm (MST)
For those who have experienced the death of a spouse, partner or significant other. Meets on the 2nd Wednesday (4pm) and 4th Wednesday (7pm) monthly. Attend either or both.

LOSS OF A PARENT(S)

upcoming dates: Wed. June 15, July 20, & Aug 17 **location:** HeartLight Center
start time: 7pm MST
For those who have experienced the death of a parent/caregiver. Meets on the 3rd Wednesday monthly.

YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS

upcoming dates: Thurs. June 2, July 7, & Aug 4 **location:** Highlands Church (1700 S Grant St)
start time: 7pm (MST)
For adults 55 and younger who have experienced the death of a spouse/partner and are 6 months or more post loss. Meets on the 1st Thursday monthly.

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

upcoming dates: Tues. June 21, July 19, & Aug 16 **location:** HeartLight Center
start time: 6pm (MST)
*For adults 55 and younger who have experienced the death of a spouse/partner. **Meets on the 3rd Tuesday monthly. Please note new date!*

SUICIDE LOSS GRIEF SUPPORT - NEW

upcoming dates: Mon. June 27, July 25, & Aug 22 **location:** HeartLight Center
start time: 4pm (MST)
For those who have experienced a loss to suicide. Meets on the fourth Monday 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.

IN-PERSON

July dates: Thurs. July 7, 14, 21, & 28

August dates: Tues. Aug 2, 9, 16, & 23

Cost: \$65 (includes a participant manual)

location: HeartLight Center

time: 4-5:30pm

time: 4-5:30pm

*This group will be limited to 8 participants. **Registration is required.***

VIRTUAL

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

August dates: Thurs. Aug 18, 25, Sept 1 & 8

Cost: \$65 + \$5 shipping (includes a participant manual) *Anyone anywhere can join! **Registration is required.***

location: Zoom

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

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

Facing the Mourning Facilitator Training

upcoming dates: June 24th

start time: 11-1pm (MST)

Location: Hybrid (locally you may join us in-person at HeartLight Center, or you may join virtually on 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 Facing the Mourning expert, Jennifer McBride.

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

Workshops

SOUL CENTERED HOLISTIC GRIEF HEALING

upcoming dates: Tues. June 14 & 21

Soul Centered Holistic Grief Healing is an experiential workshop providing anyone, at any time, after any loss, a holistic approach to healing. We will explore what it means to holistically heal, practical pathways to healing, and the comfort, support and guidance you need, not to move on, but to move forward in discovering your journey of healing and fully live your life.

*Suggested Donation: \$40. **Space is Limited. Registration is required.***

location: Zoom

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

NEW BEGINNINGS 6 WEEK GROUP

upcoming dates: Mon. June 20, 27, July 11, 18, 25, & Aug 1

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. You will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose.

*Suggested Donation: \$40. **Space is Limited. Registration is required.***

location: HeartLight Center

start time: 9:30-11am (MST)

SELF-CARE WITH SINGING BOWLS

upcoming dates: Sat. Jun 25

*Sound Energy Practitioner, Ann Martin, teaches modern ways to clear the mind and relax the body using Himalayan singing bowls. Experiment with playing many types of bowls and experience different ways to use them for self-care. In this "hands on" class, you'll learn 3 different ways to play the Himalayan bowls, 24 unique meditations, how to actively receive the healing sounds and vibrations, and much more. (Singing bowls are provided) Cost: \$25. **Registration is required.***

location: HeartLight Center

start time: 10am-11:30am (MST)

OPEN HEART STUDIO 6 WEEK PROGRAM

upcoming dates: Fri. July 8, 15, 22, 29, Aug 5, & 12

*These six sessions will explore grief with various art activities, no art experience required. Come create, explore and share as part of your grief journey. Cost: \$40, supplies included. **Registration is required.***

location: HeartLight Center

start time: 9:30am-11:30am

MOURNING AS MEDICINE 4 WEEK VIRTUAL GROUP

upcoming dates: Wed. July 13, 20, 27, & Aug 3

*In this four-session program we will use Inquiry (The Work of Byron Katie), a form of mindfulness meditation, and breathwork to connect to our inner self and become aware of the thoughts that are keeping us from being present during our time of mourning. We will create a safe, vulnerable, and supportive space to honor our grief for any type of loss. Cost: \$40. **Registration is required.***

location: Zoom

start time: 9am PT / 10am MST / 11am CT / 12pm ET



For more information email info@heartlightcenter.org or call 720.748.9908

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

A COMPREHENSIVE GUIDE TO FINANCIAL MATTERS AFTER DEATH

upcoming dates: June 8, 22, July 6 & 20, Aug 3, 17 & 31

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

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 the workbook *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 is a 92-page book that 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 the guide for \$30**

Educational *Signature Series*

INCLUSIVE AND HEALING GRIEF DIALOGUES

Program for Professionals: Answering the Call: Equity in Grief, Considerations & Approaches to Inclusive Grief Support

Date: Tues. Sept 27th

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

A virtual program for caregiving professionals.

The pandemic has created a new, dynamic opportunity for clinicians to engage their communities and clients in an unprecedented, deeper way. Statistics are telling us that Black and Brown communities are disproportionately affected by the pandemic. Loss due to COVID as well as an increase level of trauma and unresolved grief as a result of social unrest, and quality of life factors that the pandemic has exposed are the makings of a mental health crisis.

The grief experience of BIPOC and LGBTQ+ communities was already a practical and clinical challenge prior to the pandemic. Clinicians that have a deeper understanding of grief, loss, trauma and tools to address the systemic impact of these losses in their communities and organizations will be poised to engage more comprehensive and holistic approaches to technique, professional development, and personal self-care strategies. This forum will address the unique grief experience of communities of difference and is a much-needed resource for clinicians from all races, identities, and backgrounds. This fun (yes, fun!) and experiential virtual session will offer a new lens to working with underserved populations. Content to include activities, focus on cultivating peer support, inclusive and resonant facilitation, skill-building and processing considerations for leading groups, family and individual therapy work.

Registration Required. Suggested donation: \$15

Program for the Community: Healing Dialogues for All Grievers

Date: Tues. Sept 27th

start time: 4:00pm PT / 5:00pm MST / 6:00pm CT / 7:00pm ET

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

An inclusive conversation to support all bereaved individuals. We welcome YOU, just as you are.

This forum will address the unique grief experience of communities of difference, welcoming all races, identities and backgrounds, to receive support in this presentation.

Grief is impacted by race, culture, gender, sexual orientation, age, economics, and inequalities. Additionally, as a result of the pandemic, we are faced with an alarming amount of grief that has been prolonged, and often going unresolved, as we work to gain a sense of life moving forward in this "new normal." This presentation will be honest and thought provoking, offering a new lens through which to view our grief and the grief of others. We will explore nurturing our relationships with ourselves and each other, honoring our unique grief experiences in meaningful ways, and making healing connections on our grief journey.

Registration Required. Suggested donation: \$15



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Upcoming Fundraising Events

We couldn't do our work without your loving support!
Please join us for our upcoming fundraising events!

IT'S ALL ABOUT LOVE ANNUAL FUNDRAISER

date: Wed. Sept 7th

start time: 5:30-8:00pm

Location: Hyatt Regency Denver Tech Center

Please join us after work in a relaxed setting featuring cocktails and heavy hors d'oeuvres. We will have premium silent auction items and our famous mystery bags!

Ticket per person: \$75

Tickets and more information available on our website:

<https://heartlightcenter.ejoinme.org/MyEvents/ItsAllAboutLove2022/tabid/1291718/Default.aspx>

Or Use the QR Code:



HOOK, SLICE HEARTLIGHT! GOLF TOURNAMENT

date: Mon. Sept 26th

start time: 7pm MST at HeartLight Center

Location: Valley Country Club

Join us for a day of golf, prizes, and fun at Valley Country Club!

This 4-Player scramble helps HeartLight Center continue to support bereaved individuals in our community by providing specialized programming, support groups, workshops and special presentations to help grievers find support and connection on their journey toward healing.

Check-in Time: 11am

Shotgun Start: 1pm

Price per person: \$225

Lunch on your own, but please join us for dinner after the tournament!

***Please Note: Single entries are subject to availability and complete foursomes.*

Tickets and more information available on our website:

<https://heartlightcenter.ejoinme.org/MyEvents/HookSliceHeartLightGolfTournamentFundraiser/tabid/1288607/Default.aspx>

Or Use the QR Code:



For more information email info@heartlightcenter.org or call 720.748.9908

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Community Partner Groups

EAST METRO HEARTBEAT GROUP

upcoming dates: Tues. June 28, July 26, & Aug 30 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

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

upcoming dates: Thurs. June 16, July 21, & Aug 18 **start time:** 7pm MST at 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

upcoming dates: Mon. June 13, July 11, & Aug 8 **start time:** 5:30pm PT/6:30pm MST/7:30pm CT/8:30pm ET

A support group for individuals 18 and older whose sibling or siblings have died. Meets on the 2nd Monday 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

upcoming dates: Mon. June 20, July 18, & Aug 15 **start time:** 7pm MST at 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.*

PET-LOSS SUPPORT GROUP – HUMAN-ANIMAL BOND TRUST

upcoming dates: Thursdays, weekly **start time:** 5:30pm PT/6:30pm MST/7:30pm CT/8:30pm ET

Pets give us companionship and unconditional love. Our relationships with our animal companions are very special and unique. For many of us, our companion animal is a member of the family and when the bond we share is broken, the resulting sense of loss and grief is as real and sometimes as overwhelming as when we lose a relative or human friend. The Pet Loss Support Group is a safe and supportive environment where individuals can come to process the grief occurring from the loss of a beloved animal companion. This weekly group run by Human-Animal Bond Trust has been available, free-of-charge, to the Denver area since 1988. For more information visit: <https://www.humananimalbondtrust.org/pet-loss-support-group.html>