



A non-profit organization providing meaningful and accessible grief support and education.
A \$15 donation to the nonprofit is encouraged for all support groups



2022 3-Month Virtual 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.

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

June dates: Thurs. June 9, 16, 23, & 30 **location:** Zoom
time: 5:30pm PT/6:30pm (MST)/7:30pm (CT)/8:30pm (ET)
August dates: Thurs. Aug 18, 25, Sept 1 & 8 **time:** 6pm (PT)/ 7pm (MST)/ 8pm (CT)/ 9pm (ET)
Cost: \$65 + \$5 shipping (includes a participant manual) *Anyone anywhere can join! **Registration is required.***

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 **location:** Zoom
start time: 5:30pm PT/6:30pm MST/7:30pm CT/8:30pm ET
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.**

MOURNING AS MEDICINE 4 WEEK VIRTUAL GROUP

upcoming dates: Wed. July 13, 20, 27, & Aug 3 **location:** Zoom
start time: 9am PT / 10am MST / 11am CT / 12pm ET
*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.***

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



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

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