



2022 Virtual Calendar – September-November

Register online at www.heartlightcenter.org or contact us 720.748.9908 or email info@heartlightcenter.org

Ongoing Virtual Monthly Groups

LOSS OF A PARENT(S)

upcoming dates: Mon. Sept 5, Oct 3, & Nov 7

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: *Sept 6, Sept 20, Oct 5, Oct 18, Nov 2, & Nov 15

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.

**Please note the first meeting in September will take place on a Tuesday due to the annual fundraiser event on Sept 7th.*

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Sept 14, Oct 12, & Nov 9

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-LANGUAGE GRIEF SUPPORT - NEW

upcoming dates: Tues. Sept 13, Oct 11, & Nov 8

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

Open to anyone who has experienced a death. This group is provided in Spanish. Meets on the 2nd Tuesday monthly.

SUICIDE LOSS GRIEF SUPPORT - NEW

upcoming dates: Thurs. Sept 8, Oct 13, & Nov 10

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.

September dates: Thurs. Sept 15, 22, 29, & Oct 6

time: 3pm (PT)/ 4pm (MST)/ 5pm (CT)/ 6pm (ET)

October dates: Thurs. Oct 13, 20, 27, & Nov 3

time: 10am (PT)/ 11am (MST)/ 12pm (CT)/ 1pm (ET)

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

For Dementia-Loss - Virtual

location: Zoom

November dates: Mon. Nov 7, 14, 21 & 28

time: 3-4:30pm (PT)/4-5:30pm (MST)/5-6:30pm (CT)/6-7:30pm (EST)

A 4-week program specific to individuals grieving a dementia-related loss.

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

Facing the Mourning Facilitator Training

upcoming dates: Fri. October 21

start time: 11-1pm (MST)

Location: 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 + shipping (includes a Facilitator Manual and the 2-hour training program)

Workshops

SOUL CENTERED SACRED GRIEF CIRCLE

upcoming dates: Thurs. Oct 27

location: Zoom

start time: 4:30pm PT/5:30pm MST/6:30pm CT/7:30pm ET

Through time-honored practices and traditions, ceremony and the lens of the natural world, we will encourage a newfound resilience that increases our desire to embrace our emerging selves, and experience the dance of soul and spirit that is our essence. Together you will follow the Seven Directions of the ancient Wisdom Wheel – a Native American map - as your guide to exploring the journey of grief.

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

GRIEF & THE HOLIDAYS

upcoming dates: Sat. Nov 19 & Dec. 17

location: Zoom

start time: 8:30amPT/9:30amMST/10:30amCT/11:30amET

*No matter what you celebrate, it's important to know that you aren't alone, and you can survive the holiday season in a way that allows you to be comfortable, to honor your grief and remember your loved one in ways that are helpful to you. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Attend either meeting, or both, for a little extra support this holiday season. Suggested Donation: \$20. **Space is Limited. Registration is required.***

A COMPREHENSIVE GUIDE TO FINANCIAL MATTERS AFTER DEATH

upcoming dates: September 14 & 28, October 12 & 26, & November 9 & 23

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

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

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 griever 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:



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