



2022 3-Month Calendar – October-December

Register online at 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. Oct 3, Nov 7, & Dec 5

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: Oct 5, Oct 18, Nov 2, Nov 15, Dec 7 & Dec 20

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. Oct 12, Nov 9, & Dec 14

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. Oct 11, Nov 8, & Dec 13

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. Oct 13, Nov 10, & Dec 8

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

location: HeartLight Center

upcoming dates: Tues. Oct 4, Nov 1, & Dec 6

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

location: HeartLight Center

upcoming dates: Mon. Oct 10, Nov 14, & Dec 12

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

location: HeartLight Center

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

start time: 4pm (MST)

upcoming dates: Wed. Oct 26, *Nov 22, & Dec 28

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.

*Please note the 4th Wednesday meeting in November will take place on Tuesday of that week.

LOSS OF A PARENT(S)

location: HeartLight Center

upcoming dates: Wed. Oct 19, Nov 16, & Dec 21

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

location: Highlands Church (1700 S Grant St)

upcoming dates: Thurs. Oct 6, Nov 3, & Dec 1

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

location: HeartLight Center

upcoming dates: Tues. Oct 18, Nov 15, & Dec 20

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

location: HeartLight Center

upcoming dates: Mon. Oct 24, Nov 28, & Dec 26

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

October dates: Mon. Oct 3, 10, 17, & Tues Oct 25

November dates: Tues. Nov 1, 8, 15, & 22

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

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

December dates: Thurs. 1, 8, 15, & 22

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

location: Zoom

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

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

For Bereaved Siblings – In-Person

Oct-Nov dates: Sun. Oct 30, Nov 6, 20, & 27

A 4-week program specific to individuals grieving the loss of a sibling.

Cost: \$65 (includes a participant manual)

location: HeartLight Center

time: 9:00-10:30am

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

For Dementia-Loss - Virtual

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

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.***

location: Zoom

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

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

NEW BEGINNINGS 6 WEEK GROUP

upcoming dates: Thurs. Oct 6, 13, 20, 27, Nov 3 & 10

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

time: 4-5:30pm

SOUL CENTERED SACRED GRIEF CIRCLE

upcoming dates: Thurs. Oct 27

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.***

location: Zoom

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

SINGING BOWLS WORKSHOP: UNMASKING THE TRUE SELF

upcoming dates: Sat. Oct 29th

Use singing bowls in a healing capacity for deep relaxation, centering and grounding. This sound meditation with Ann Martin will offer an opportunity to tap into the full potential of who we are at the core. Sound and vibrations from the various bowls and instruments will help you awaken the whole and beautiful picture of Self – something that can feel “derailed” during grief. All are welcome!

*Cost: \$40. **Space is Limited. Registration is required.***

location: HeartLight Center

start time: 10am-11:30am

GRIEF & THE HOLIDAYS

upcoming dates: Sat. Nov 19 & Dec. 17

*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.***

location: Zoom

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

OPEN HEART STUDIO FOR THE HOLIDAYS- 2 SESSION PROGRAM

upcoming dates: Sat. Dec 10 & 17

*These two 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: 11am-2pm

Workshops Cont.

HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

upcoming dates: Dec 5, 8 & 12 (at 3 locations)

Please join us for our holiday memorial service and candle lighting ceremony, in partnership with Horan & McConaty. Programs will begin at 7pm (MST) and will last about one hour. Refreshments will be served. Register on the HeartLight Center website.

location: HeartLight Center and Horan & McConaty

start time: 7-8:00pm

First Steps Seminars

A COMPREHENSIVE GUIDE TO FINANCIAL MATTERS AFTER DEATH

upcoming dates: October 12 & 26, November 9 & 22, & December 7 & 21

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**

Community Partner Groups

EAST METRO HEARTBEAT GROUP

upcoming dates: Tues. Oct 25, Nov 29 & Dec 27

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. Oct 20, Nov 17, & Dec 15

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. Oct 10, Nov 14, & Dec 12

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. Oct 17, Nov 21, & Dec 19

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. 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>



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

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