



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



3-Month Calendar – November 2022-January 2023

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. Nov 7, Dec 5, & Jan 2 **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: Nov 2, Nov 15, Dec 7, Dec 20, Jan 4 & Jan 17 **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. Nov 9, Dec 14, & Jan 11 **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

upcoming dates: Tues. Nov 8, Dec 13, & Jan 10 **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

upcoming dates: Thurs. Nov 10, Dec 8, & Jan 12 **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. Nov 1, Dec 6, & Jan 3 **start time:** 7pm MST **location:** HeartLight Center
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. Nov 14, Dec 12, & Jan 9 **start time:** 7pm MST **location:** HeartLight Center
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. Nov 9, Dec 14, & Jan 11 **start time:** 4pm (MST) **location:** HeartLight Center
upcoming dates: Wed. *Nov 22, Dec 28, & Jan 25 **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. You are welcome to 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)

upcoming dates: Wed. Nov 16, Dec 21, & Jan 18 **start time:** 7pm MST **location:** HeartLight Center
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. Nov 3, Dec 1, & Jan 5 **start time:** 7pm (MST) **location:** Highlands Church (1700 S Grant St)
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. Nov 15, Dec 20, & Jan 17 **start time:** 6pm (MST) **location:** HeartLight Center
*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

upcoming dates: Mon. Nov 28, Dec 26, & Jan 23 **start time:** 4pm (MST) **location:** HeartLight Center
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

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

January dates: Tues. Jan 3, 10, 17, & 24

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

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

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: January 27, 2023

start time: 11-1pm (MST)

Location: Hybrid – you may choose to join in-person at HeartLight Center or 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 + shipping (includes a Facilitator Manual and the 2-hour training program)

Workshops

GRIEF & THE HOLIDAYS

upcoming dates: Sat. Nov 19 & Dec. 17

The holiday season can be difficult when you are grieving. No matter what you celebrate, it's important to know that you aren't alone. 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. This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events.

*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

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

"SEASONS OF GRIEF AND HOPE" – USING ARTISTIC QUILTS

upcoming dates: Jan 14, 2023

Join Monique Cerundolo, chaplain, poet and artist, as she guides us through a reflective journey of grief through the passing of seasons which are illustrated through poetry and pictorial quilts of nature scenes. This exhibit is meant to be an educational and personal spiritual tool in coping with grief, addressing the importance of an emotional process and promotes understanding and compassion. Monique will also guide us through a brief expressive activity and a sharing session.

Cost: \$20. Registration is required.

location: Zoom

start time: 11am (PT) / 12pm (MST)/ 1pm (CT)/ 2pm (EST)



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: November 9 & 22, December 7 & 21, January 11 & 25

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

SELF-COMPASSION AND GRIEF BY KELLY KARAVOUSANOS, LPC, CT

Program for Professionals: Helping Bereaved Understand their Grief and Cultivate Self-Compassion

Date: Tues. January 24, 2023

start time: 8:00am PT / 9:00am MST / 10:00am CT / 11:00am ET

A virtual program for caregiving professionals.

This presentation is to help professionals build their grief knowledge and skills to create a space for the bereaved to express their feelings of grief and to teach self-compassion skills. This will include activities and conversations to increase skill-building.

Certificate of Completion Provided Upon Request

Registration Required. Suggested Donation: \$25

Program for the Community: Finding Self-Compassion Along Your Grief Journey

Date: Tues. January 24, 2023

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.

When someone we love dies, we are struck twice. Once by our own grief and then again by our own reaction to our grief. Many question if we are grieving correctly, often using a harsh voice of criticism and judgment. Self-compassion is a powerful way to reduce our own suffering. Come join us for a conversation on the process of grief and to learn tools for self-compassion while grieving.

Registration Required. Suggested Donation: \$25



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Community Partner Groups

EAST METRO HEARTBEAT GROUP

upcoming dates: Tues. Nov 29, Dec 27, & Jan 31 **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. Nov 17, Dec 15, & Jan 19 **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. Nov 14, Dec 12, & Jan 9 **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. Nov 21, Dec 19, & Jan 16 **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>



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