



HeartLight Center

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 Virtual 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.

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

location: Zoom

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

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

location: Zoom

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

*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.***

"SEASONS OF GRIEF AND HOPE" – USING ARTISTIC QUILTS

upcoming dates: Jan 14, 2023

location: Zoom

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

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: \$25. **Space is Limited. Registration is required.***

First Steps Seminars

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



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