



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 Calendar – January-March 2023

Register online at heartlightcenter.org/events-calendar or contact us 720.748.9908 or info@heartlightcenter.org

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

Facing the Mourning 4-Week Groups

Facing the Mourning is a hands-on experience, giving you consistent support, and inviting attendees to participate in tasks and activities that helps give a meaningful framework to grief.

IN-PERSON

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

March dates: Thurs Mar 2, 9, 16 & 23

Cost: \$65 (includes a participant manual)

location: HeartLight Center

time: 4-5:30pm

time: 10-11:30am

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

VIRTUAL

February dates: Mon. Feb 6, 13, 20 & 27

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)

Facing the Mourning Facilitator Training

upcoming dates: Fri. January, 27, 2023

start time: 11-1pm (MST)

upcoming dates: Fri. March 24, 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.

Cost: \$85 + shipping (includes a Facilitator Manual and the 2-hour training program)

Registration Required.

First Steps: A Comprehensive Guide to Financial Matters After Death

upcoming dates: January 4, 11, 18, 25, February 1, 8, 15 & 22, March dates TBD
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**

Grief Support Workshops

"SEASONS OF GRIEF AND HOPE" – A REFLECTIVE JOURNEY USING PICTORIAL QUILTS

location: Zoom

upcoming dates: Sat. Jan 14, 2023

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: \$20. Registration is required.

A LOVING COMMEMORATION AND CELEBRATION OF LIFE: AN AFTERNOON OF REMEMBRANCE FOR THOSE LOST TO ALZHEIMER'S OR OTHER DEMENTIAS

Location: Hybrid – you may choose to join in-person at HeartLight Center or on Zoom!

upcoming dates: Sun. Jan 22, 2023

start time: 2pm (PT) / 3pm (MST)/ 4pm (CT)/ 5pm (EST)

Come be a part of a very special gathering for those who have lost beloveds to Alzheimer's and other dementias. Share stories of love and support and mementos of your loved ones in a community of comfort. This time will be filled with stories and treasured reflections that honor the memory of our loved ones.

Registration required. Space is limited.

NEW BEGINNINGS 6 WEEK GROUP

location: HeartLight Center

upcoming dates: Tues. Jan 31, Feb 7, 14, 21, 28 & Mar 7

time: 4-5:30pm

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.

TENDING TO YOUR GRIEF WITH YOGA

location: Hybrid

upcoming dates: Sun. Mar 5, 2023

time: 9am (PT)/10am (MST)/11am (CT)/ 12pm (EST)

You may choose to join in-person at HeartLight Center or on Zoom!

Together, we will use gentle yoga postures and breathing practices to honor and care for your mind, body and soul as you navigate living life with loss. This workshop is about connecting our emotions with our physical body and holding space for our grief. No prior yoga experience required.

Cost: \$25. Registration is required.

SPRING EQUINOX SINGING BOWLS SOUND MEDITATION

location: HeartLight Center

upcoming dates: Sat. Mar 25, 2023

start time: 10am-11:30am

Join Ann Martin, Intuitive Sound Artist, for a meditative sound journey called "Spring Clearing" for a fresh start to this season of new beginnings and growth! The singing bowls and gongs invite you to release winter energy, and open to the hope that Spring brings. Experience deep relaxation and transformation of mind, body and spirit through as you ride on waves of sound and vibration. Please bring a thick pad and pillow for comfort reclining on the floor.

Cost: \$40. Registration is required.



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

Ongoing Virtual Monthly Groups

LOSS OF A PARENT(S)

upcoming dates: Mon. Jan 2, Feb 6, & Mar 6

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: Jan 4, Feb 1, & Mar 1

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

upcoming dates: Jan 17, Feb 21, & Mar 21

start time: 3pm PT / 4pm MST / 5pm CT / 6pm ET – NEW TIME!

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. Jan 11, Feb 8, & Mar 8

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. Jan 10, Feb 14, & Mar 14

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. Jan 12, Feb 9, & Mar 9

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. Jan 3, Feb 7, & Mar 7

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. Jan 9, Feb 13, & Mar 13

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. Jan 11, Feb 8, & Mar 8

start time: 4pm (MST)

upcoming dates: Wed. Jan 25, Feb 22, & Mar 22

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.

LOSS OF A PARENT(S)

location: HeartLight Center

upcoming dates: Wed. Jan 18, Feb 15, & Mar 15

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. Jan 5, Feb 2, & Mar 2

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. Jan 17, Feb 21, & Mar 21

start time: 6pm (MST)

For adults 55 and younger who have experienced the death of a spouse/partner. Meets on the 3rd Tuesday monthly.

SUICIDE LOSS GRIEF SUPPORT

location: HeartLight Center

upcoming dates: Mon. Jan 23, Feb 27, & Mar 27

start time: 4pm (MST)

For those who have experienced a loss to suicide. Meets on the fourth Monday monthly.

LOSS OF A CHILD SUPPORT - NEW!

location: HeartLight Center

upcoming dates: Jan 19, Feb 16, & Mar 16

start time: 6pm (MST)

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.

GROWING THROUGH GRIEF - NEW!

location: HeartLight Center

upcoming dates: Jan 26, Feb 23, & Mar 30

start time: 4pm (MST)

Open to anyone who has experienced a death loss. Meets on the last Thursday of the month at 4pm at HeartLight.

Community Partner Groups

LGBTQ+ LOSS OF SPOUSE/PARTNER

Join other widowed members of your community for conversation, connection, and laughter. Group is for adults 18+ and meets on Zoom. Facilitated by Soaring Spirits, information about dates and to register is available on their website here:

<https://soaringspirits.org/event-region/lgbtq-community-specific-group/>

BEREAVED SIBLINGS

upcoming dates: Mon. Jan 9, Feb 13, & Mar 13 **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. Jan 16, Feb 20, & Mar 20 **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. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse. Please contact the facilitator for more info and to register.*

Facilitator: Marguerite Ham marguerite@ignitingsuccess.net

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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