



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 – 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.

VIRTUAL

location: Zoom

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

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

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

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!**

Workbook available for purchase on our website!

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.

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.

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

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.



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