



2-Month Calendar – March-April 2023

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

Educational Signature Series

HAROLD IVAN SMITH

Program for Professionals: The Heroes You Never See, Bringing Your Whole Self to Compassionate Care Settings

Date: Tues. April 11th, 2023

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

A virtual program for caregiving professionals.

Sooner or later, regardless of credentials, vita, resume, or years of service, a professional experiences the “I don’t know what to say” moment. Such moments immediately challenge our sense of professional competence. What happens with that moment is critical for a client and for the clinician. Such moments offer an opportunity to be an accompanero--one who accompanies in the absence of solutions; one who shows up and keeps showing up!

Stress is the oxygen in many professional and personal settings. Some servants in ministry environments, although excellent in offering kind compassionate care to parishioners, clients and patients, may be slow to implement personal “kind care.” One consequence is burnout or compassion fatigue. How can first-person, singular kind care make a difference in serving others day after day? And how will kind care shape your legacy?

Registration Required. Suggested Donation: \$15

Program for the Community: There’s A Lot More to Grief than Stages

Date: Tues. April 11th, 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.

Grief is about far more than progressing through five stages. This seminar examines new understandings of grief—particularly the tasks of grief—plus the role of resilience. We will also look at non-finite losses such as divorce, loss of job, etc.

Registration Required. Suggested Donation: \$15

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

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

Cost: \$65 (includes a participant manual)

location: HeartLight Center

time: 10-11:30am

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

VIRTUAL

April dates: Sat Apr 1, 8, 15 & 22

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

location: Zoom

time: 8am (PT)/ 9am (MST)/ 10am (CT)/ 11am (ET)

Facing the Mourning Facilitator Training

upcoming dates: Fri. March 24, 2023

Location: Zoom

start time: 11-1pm (MST)

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.

Grief Support Workshops

TENDING TO YOUR GRIEF WITH YOGA

upcoming dates: Sun. Mar 5

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. No prior yoga experience required. Cost: \$25. Registration is required.

location: Hybrid – join at HeartLight Center or on Zoom

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

SPRING EQUINOX SINGING BOWLS SOUND MEDITATION

upcoming dates: Sat. Mar 25

Join Ann Martin, Intuitive Sound Artist, for a meditative sound journey called "Spring Clearing". The singing bowls and gongs invite you to release winter energy, and open to the hope that Spring brings. Please bring a thick pad and pillow for comfort reclining on the floor.

Cost: \$40. Registration is required.

location: HeartLight Center

start time: 10am-11:30am

SELF-CARE AFTER HOMICIDE LOSS

upcoming dates: Fri. April 7th

A workshop designed specifically for adult individuals who have experienced a loss due to homicide. Learn self-care techniques and activities that help with regulation and taking care of you during your grief journey with this unique loss.

Suggested Donation: \$15. Registration is required.

location: Hybrid – join at HeartLight Center or on Zoom

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

PET LOSS MEMORIAL

upcoming dates: Sat. April 15th

Join us as we pay tribute to the lives of beloved animal companions, honoring your connection, sharing memories, and mourning in community. Please bring with you a special picture or object. Suggested Donation: \$15. Registration is required.

location: HeartLight Center

start time: 11am-1pm

SPRING REMEMBRANCE CEREMONY

upcoming dates: Sat. April 29th

Please join us for a memorial service and candle lighting ceremony, in partnership with Arapahoe Community College. Light refreshments will be served. Register on the HeartLight Center website.

location: HeartLight Center

start time: 1pm-3pm

SOUL CENTERED SACRED GRIEF CIRCLE

upcoming dates: *Tues. May 2nd

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 after loss, and experience the dance of soul and spirit that is our essence.

Cost: \$35. Space is Limited. Registration is required.

***PLEASE NOTE: the date for this workshop has recently changed. We will now be meeting on Tuesday, May 2nd at 6pm (MST)**

location: Zoom

start time: 5-6:30pm PT/6-7:30pm MST/7-8:30pm CT/8-9:30pm ET

Ongoing Virtual Monthly Groups

LOSS OF A PARENT(S)

upcoming dates: Mon. Mar 6, Apr 3, May 1

For those who have experienced the death of a parent or adult caregiver. Meets on the 1st Monday monthly.

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

GROWING THROUGH GRIEF

upcoming dates: Wed. Mar 1, Apr 5, May 3

upcoming dates: Tues. Mar 21, Apr 18, May 16

Open to anyone who has experienced a death loss. Meets on the 1st Wednesday and 3rd Tuesday monthly.

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

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

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Mar 8, Apr 12, May 10

For those who have experienced the death of a spouse, partner or significant other. Meets on the 2nd Wednesday monthly.

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

SPANISH-LANGUAGE GRIEF SUPPORT

upcoming dates: Tues. Mar 14, Apr 11, May 9

Open to anyone who has experienced a death. This group is provided in Spanish. Meets on the 2nd Tuesday monthly.

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

SUICIDE LOSS GRIEF SUPPORT

upcoming dates: Thurs. Mar 9, Apr 13, May 11

For those who have experienced a loss to suicide. Meets on the second Thursday monthly.

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

LOSS OF A CHILD SUPPORT & BOOK CLUB - NEW!

upcoming dates: Thurs. Apr 6

A peer support group for bereaved parents, grandparents, and caregivers who have experienced the death of a child/grandchild at any age and for any reason. We will connect about different books and topics specific to loss of a child. You are invited whether you've read the book or not. Meets on the 1st Thursday of each month starting in April.

start time: 4pm PT / 5pm MST / 6pm (CT) / 7pm (EST)

Ongoing Denver Monthly Groups

MEN'S LOSS OF A SPOUSE/PARTNER

upcoming dates: Tues. Mar 7, Apr 4, May 2

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.

location: HeartLight Center

start time: 7pm MST

5+ YEAR LOSS OF A SPOUSE/PARTNER

upcoming dates: Mon. Mar 13, Apr 10, May 8

For those who experienced the death of a spouse or partner 5+ years ago. Meets on the 2nd Monday monthly.

location: HeartLight Center

start time: 7pm MST

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Mar 8, Apr 12, May 10

upcoming dates: Wed. Mar 22, Apr 26, May 24

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.

location: HeartLight Center

start time: 4pm (MST)

start time: 7pm (MST)

LOSS OF A PARENT(S)

upcoming dates: Wed. Mar 15, Apr 19, May 17

For those who have experienced the death of a parent/caregiver. Meets on the 3rd Wednesday monthly.

location: HeartLight Center

start time: 7pm MST

YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS

upcoming dates: Thurs. Mar 2, Apr 6, May 4

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.

location: Highlands Church (1700 S Grant St)

start time: 7pm (MST)

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

upcoming dates: Tues. Mar 21, Apr 18, May 16

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

location: HeartLight Center

start time: 6pm (MST)

SUICIDE LOSS GRIEF SUPPORT

upcoming dates: Mon. Mar 27, Apr 24, May 22

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

location: HeartLight Center

start time: 4pm (MST)

LOSS OF A CHILD SUPPORT - NEW!

upcoming dates: Thurs. Mar 16, Apr 20, May 18

A peer support group for bereaved parents, grandparents, caregivers, 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.

location: HeartLight Center

start time: 6pm (MST)

GROWING THROUGH GRIEF - NEW!

upcoming dates: Thurs. Mar 30, Apr 27, May 25

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

location: HeartLight Center

start time: 4pm (MST)

First Steps: A Comprehensive Guide to Financial Matters After Death

upcoming dates: March 1, April 5, May 3

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 on the first Wednesday of the month.**

Workbook also available on our website for \$30 in hard-copy or PDF.



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

Coming Soon!

LEGACIES OF LOSS 6 WEEK PROGRAM FOR LOSS OF A SPOUSE

upcoming dates: May

*For individuals who are 2+ years out from the death of a spouse/partner. Come get support and learn useful tools when you're feeling "stuck" in your grief. Suggested Donation \$40, includes a workbook. **Registration is required.***

location: HeartLight Center

time: TBD

HEALING WITH HORSES

upcoming dates: Sat. May 6, 2023

Join us to let the healing power of horses help you as we slow down, reflect, and have some fun together. Come with an open mind and heart and discover what the horses have for you at this stage of your grief journey. In partnership with Dancing Spirit Equine Facilitated Learning and Coaching, LLC and TRU Community Care

Cost: \$100. Registration is required on the TRU website.

location: Lyons, Colorado

start time: 10am-4pm

OPEN HEART STUDIO 2-PART PROGRAM

upcoming dates: Sat May 6 & 13

*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: 1-3pm

GRIEVING ADULTS SUPPORTING GRIEVING KIDS

upcoming dates: May

*Together we will discuss the challenges faced with grieving while also supporting a grieving child(ren) at home, and strategies for helping with healing and grief care for each of you, especially during times of transition. **Cost: \$25. Registration is required.***

location: Zoom

start time: TBD

Hook, Slice, HeartLight! Golf Tournament Fundraiser June 2023

HOOK, SLICE HEARTLIGHT! SECOND ANNUAL GOLF TOURNAMENT

Date: Mon. June 5th, 2023

Location: The Club at Pradera

Join us for a day of golf, prizes, and fun at The Club at Pradera!

This 4-Player scramble helps HeartLight Center continue to support bereaved individuals in our community by providing specialized programming, support groups, workshops and special presentations to help grievors find support and connection on their journey toward healing.

Check-in Time: 7:30am

Shotgun Start: 9pm

Price per person: \$225

Includes: Breakfast, Greens Fees, Card, Range Balls, Contests, Prizes and Lunch!

***Please Note: Single entries are subject to availability and complete foursomes.*

Tickets and more information available on our website:

<https://heartlightcenter.ejoinme.org/MyEvents/2023HookSliceHeartLight/tabid/1346362/Default.aspx>

Or Use the QR Code:



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/>

WIDOWED AND BLACK

This monthly virtual meeting offers research-influenced resources designed to address the needs of widowed people of African Descent. The program will focus on community building and will include guest speakers, educational videos, monthly zoom meetings, and resource sharing related to the specific topic. Anyone widowed and of African descent is welcome. 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/widowed-black-community-specific-group/>

BEREAVED SIBLINGS

upcoming dates: Mon. Mar 13, Apr 10, May 8 **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. Mar 20, Apr 17, May 15 **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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