



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



2-Month Virtual Programs 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.

VIRTUAL

location: Zoom

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

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

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

Facing the Mourning Facilitator Training

upcoming dates: Fri. March 24, 2023

start time: 11-1pm (MST)

Location: 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.

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)

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)

SOUL CENTERED SACRED GRIEF CIRCLE

upcoming dates: Tues. April 4th

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

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.

Ongoing Virtual Monthly Groups

LOSS OF A PARENT(S)

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

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: Wed. Mar 1, Apr 5, May 3

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

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

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. Mar 8, Apr 12, May 10

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. Mar 14, Apr 11, May 9

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. Mar 9, Apr 13, May 11

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.

LOSS OF A CHILD SUPPORT & BOOK CLUB - NEW!

upcoming dates: Thurs. Apr 6

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

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.

Coming Soon!

GRIEVING ADULTS SUPPORTING GRIEVING KIDS

upcoming dates: May

location: Zoom

start time: TBD

*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.***

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 griever 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:

