



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



2-Month Calendar – May-June 2023

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

Educational Signature Series

DR. TONYA CUNNINGHAM

Program for Professionals: Leaders Grieve Too! When the Heart and the Mind Are Exhausted

Date: Tues. August 22nd, 2023

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

A virtual program for caregiving professionals.

When professionals give themselves permission to process their own grief, they in turn will support others in navigating their own journey in more effective ways. When we experience vicarious trauma, personal loss, compassion fatigue, or are impacted by social or cultural events including COVID, self-care is vital. Learn tools for coping personally, and professionally, when we are feeling exhausted, overwhelmed, burnt out, and grief-stricken ourselves. **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. Meetings typically run 90 minutes in length.

IN-PERSON

May dates: Mon May 1, 8, 15 & 22

Bereaved Siblings Group: Sun June 4, 11, 18 & 25

July dates: Tues, July 11, 18, 25 & Aug 1

Cost: \$65 (includes a participant manual)

time: 5:30-7pm

time: 10-11:30am

time: 4-5:30pm

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

location: Horan & McConaty at County Line

location: HeartLight Center

location: HeartLight Center

VIRTUAL

Young Adults (18-25 years old): June 8, 15, 22 & 29

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

location: Zoom

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

Facing the Mourning Facilitator Training

upcoming dates: Fri. May 19th, 2023

start time: 11-1pm (MST)

Location: 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: May 4, June 8, July 6, August 1

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.

Grief Support Workshops

SOUL CENTERED SACRED GRIEF CIRCLE

location: Zoom

upcoming dates: Tues. May 2nd

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

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.

LEGACIES OF LOSS 6 WEEK PROGRAM FOR LOSS OF A SPOUSE

location: HeartLight Center

upcoming dates: May 2, 9, 16, 23, 30 & June 6

time: 4-5:30pm

*For individuals who are 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Suggested Donation \$40, includes a workbook. **Registration is required.***

HEALING WITH HORSES

location: Lyons, Colorado

upcoming dates: Sat. May 6, June 10, & July 15

start time: 10am-4pm

*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.***

OPEN HEART STUDIO 2-PART PROGRAM

location: HeartLight Center

upcoming dates: Sat May 6 & 13

start time: 1-3pm

*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.***

NEW BEGINNINGS 6 WEEK GROUP

location: HeartLight Center

upcoming dates: Fri, June 2, 9, 16, 23, 30 & July 7

time: 10-11:30am

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.***

HEALING LAUGHTER

location: Zoom

upcoming dates: Tues June 6th

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

Laughter, coupled with varied movement and Yogic breathing brings oxygen to our body and brain making you feel healthier and more energetic and can help when we're feeling "stuck" emotionally. No traditional yoga poses are used and no experience is required.

*Suggested Donation \$40 **Registration is required.***

SUMMER REMEMBRANCE FOR DEMENTIA LOSS

location: Virginia Village Library

upcoming dates: Sat. June 17th

start time: 3-4:30pm

In partnership with Denver Public Libraries, come be a part of a gathering for those who are grieving losses to Alzheimer's and other dementias. Join us for education, sharing and rock painting for memorializing a loved one and your own grief.

Suggested donation: \$15. Registration is required.

MEMORY MUGS

location: HeartLight Center

upcoming dates: Thurs June 22nd

start time: 6-8pm

*Share your grief and create a special Memory Mug in honor of your person, no art experience required. Come create, explore and share as part of your grief journey. *Provide a picture in advance of your beloved that you would like featured on the mug you create.*

Cost: \$40, supplies included. Registration is required.

Ongoing Virtual Monthly Groups

LOSS OF A PARENT(S)

upcoming dates: Mon. May 1, June 5, July 3

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—GENERAL GRIEF AND LOSS GROUP

upcoming dates: Wed. May 3, June 7, July 5

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

upcoming dates: Tues. May 16, June 20, July 18

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

Open to anyone who has experienced a death loss, helpful for those who are newly bereaved and/or new to our program. Meets on the 1st Wednesday and 3rd Tuesday monthly.

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. May 10, June 14, July 12

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.

Ongoing Virtual Monthly Groups Cont.

SPANISH-LANGUAGE GRIEF SUPPORT

upcoming dates: Tues. 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. May 11, June 8, July 13

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. May 4, June 1, July 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.

Ongoing Denver Monthly Groups

MEN'S LOSS OF A SPOUSE/PARTNER

upcoming dates: Tues. May 2, June 6, no meeting in July

location: HeartLight Center

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. *Please note we won't have a meeting in July due to the 4th of July holiday.*

5+ YEAR LOSS OF A SPOUSE/PARTNER

upcoming dates: Mon. May 8, June 12, July 10

location: HeartLight Center

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

upcoming dates: Wed. May 10, June 14, July 12

location: HeartLight Center

start time: 4pm (MST)

upcoming dates: Wed. May 24, June 28, July 26

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)

upcoming dates: Wed. May 17, June 21, July 19

location: HeartLight Center

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

upcoming dates: Thurs. May 4, June 1, July 6

location: Highlands Church (1700 S Grant St)

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

upcoming dates: Tues. May 16, June 20, July 18

location: HeartLight Center

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

upcoming dates: Mon. May 22, June 26, July 24

location: HeartLight Center

start time: 4pm (MST)

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

LOSS OF A CHILD SUPPORT

upcoming dates: Thurs. May 18, June 15, July 20

location: HeartLight Center

start time: 6pm (MST)

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.

GROWING THROUGH GRIEF

upcoming dates: Thurs. May 25, June 29, July 27

location: HeartLight Center

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.



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 Western Slope Monthly Groups

SUICIDE LOSS GRIEF SUPPORT

upcoming dates: Mon. May 22, June 26, July 24

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

location: Taylor's Funeral Home, Delta

start time: 6pm (MST)

Coming Soon!

SELF-CARE WITH SINGING BOWLS

upcoming dates: Sun July, 9

Sound Energy Practitioner, Ann Martin, teaches modern ways to clear the mind and relax the body using Himalayan singing bowls. Experiment with playing many types of bowls and experience different ways to use them for self-care. (Singing bowls are provided)
Cost: \$40. Registration is required.

location: HeartLight Center

start time: 1-2:30pm

TENDING TO YOUR GRIEF WITH YOGA

upcoming dates: Sun. July 16

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)

TRE® – TENSION & TRAUMA RELEASE EXERCISES

upcoming dates: TBD

This intro class provides simple exercises that can assist the body in releasing deep muscular patterns of stress, tension and the physical effects of trauma. **Suggested Donation: \$20. Registration is required.**

location: TBD

time: TBD

GRIEVING ADULTS SUPPORTING GRIEVING KIDS

*date change: coming this fall!

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. **Suggested Donation: \$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 griever find support and connection on their journey toward healing.

Check-in Time: 7:30am

Shotgun Start: 9am

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

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

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 at 7pm. *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

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 is available on Thursdays at 6:30pm (MST), facilitated 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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