



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 – May-July 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.

VIRTUAL

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

August dates: Weds, August 9, 16, 23, & 30

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)

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

Facing the Mourning Facilitator Training

upcoming dates: Fri. May 19th, 2023

Fri. July 21st, 2023

start time: 10-12pm (PT)/11-1pm (MST)/12-2pm (CT)/1-3pm (EST)

start time: 10-12pm (PT)/11-1pm (MST)/12-2pm (CT)/1-3pm (EST)

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, Jun 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.

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.**

TENDING TO YOUR GRIEF WITH YOGA

location: Hybrid – join at HeartLight Center or on Zoom

upcoming dates: Sun. July 16

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

*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.***

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

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.

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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.

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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