HeartLight Center is a non-profit that companions and educates people through their grief to find hope. HeartLight offers virtual support groups, workshops, seminars and resources for individuals who are grieving the loss of any kind.

IN-PERSON PROGRAMS
MONTHLY GRIEF SUPPORT GROUPS:

MEN’S LOSS OF A SPOUSE/PARTNER
Upcoming dates: Tues. Sept 5, Oct 3, Nov 7th | 7pm
Dedicated to the unique issues of men who have experienced the death of a spouse, partner or significant other. Meets on the 1st Tuesday monthly.

LOSS OF A SPOUSE/PARTNER
Upcoming dates: 4pm Wed. Sept 13, Oct 11, Nov 8 | 7pm Wed. Sept 27, Oct 25, Nov 22
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. Sept 20, Oct 18, Nov 15 | 4pm
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. Sept 7, Oct 5, Nov 2 | 7pm
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. Sept 19, Oct 17, Nov 21 | 6pm
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. Sept 25, Oct 23, Nov 27 | 4pm
For those who have experienced a loss to suicide. Meets on the fourth Monday monthly.

LOSS OF A CHILD SUPPORT
Upcoming dates: Thurs. Sept 21, Oct 19, Nov 16 | 6pm
For bereaved parents, grandparents, caregivers, and adult siblings who have experienced the death of a child of any age. Meets on the 3rd Thursday of each month.

GROWING THROUGH GRIEF
Upcoming dates: Thurs. Sept 28, Oct 26, Nov 30 | 4pm
Open to anyone who has experienced a death loss. Meets on the last Thursday of the month.

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IN-PERSON PROGRAMS CONT.
CONSISTENT WEEKLY SUPPORT:

Facing the Mourning Support Groups- Open to all types of loss
September Dates: Tues. Sept 5, 12, 19 & 26 | 4-6:30pm | HeartLight Center
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools.

SPECIAL GRIEF WORKSHOPS:

HEALING WITH HORSES
September 9th | 10:00am-4:00pm | Lyons, Colorado
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.

NEW BEGINNINGS 6 WEEK GROUP
Tuesdays Oct 3, 10, 17, 24, 31 & Nov 7 | 10:00am-11:30am | HeartLight Center
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.

TENDING TO YOUR GRIEF WITH YOGA
October 8th | 9:00 am | Hybrid: In Person at HeartLight or Virtual 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. No prior yoga experience required.

SINGING BOWLS GRATITUDE CEREMONY SOUND MEDITATION
October 28th | 10:00am-11:30am | HeartLight Center
Intuitive Sound Artist, Ann Martin, offers an opportunity to awaken a new awareness to fuel your fall path. An empowering water ceremony to deepen your connection to The Self, and then enjoy an experiential meditation with various instruments.
VIRTUAL PROGRAMS
MONTHLY GRIEF SUPPORT GROUPS:

LOSS OF A PARENT(S)
Upcoming dates: Mon. Sept 4, Oct 2, Nov 6 | 6pm PT / 7pm MST / 8pm CT / 9pm ET
An ongoing support group for those who have experienced the death of a parent(s). Meets on the first Monday Monthly.

GROWING THROUGH GRIEF
7pm dates: Wed. Sept 6, Oct 4, Nov 1 | 4pm dates: Tues. Sept 19, Oct 17, Nov 21st
This ongoing support group is open to anyone who has experienced a death. Meets the first Wednesday of the month at 7pm (MST) and the third Tuesday of the month at 4pm (MST).

LOSS OF SPOUSE/PARTNER
Upcoming Dates: Wed. Sept 13, Oct 11, Nov 8 | 6pm PT / 7pm MST / 8pm CT / 9pm ET
An ongoing support and educational group for people who have experienced the death of a spouse, partner or significant other. Meets the second Wednesday monthly.

SUICIDE LOSS GRIEF SUPPORT
Upcoming dates: Thurs. Sept 14, Oct 12, Nov 9 | 6pm PT / 7pm MST / 8pm CT / 9pm ET
For those who have experienced a loss to suicide. Meets the second Thursday monthly.

LOSS OF A CHILD SUPPORT & BOOK CLUB
Upcoming dates: Thurs. Sept 7, Oct 5, Nov 2nd | 4pm PT / 5pm MST / 6pm CT / 7pm ET
For bereaved parents, grandparents, and caregivers who have experienced the death of a child/grandchild at any age and for any reason. Meets on the first Thursday monthly.

CONSISTENT WEEKLY SUPPORT:

FACING THE MOURNING 4-WEEK SUPPORT GROUP
Facing the Mourning Support Group- Open to All:
Tuesdays, Oct 3, 10, 17 & 24
3-4:30pm PT / 4-5:30pm (MST) / 5-6:30pm (CT) / 6-7:30pm (EST)

SEMINARS:

FIRST STEPS
Upcoming Dates: September 6, October 4, November 2
Start Time: 5pm (PT) / 6pm (MST) / 7pm (CT) / 8pm (EST)
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims
VIRTUAL PROGRAMMING CONT
SPECIAL GRIEF WORKSHOPS:

**GRIEVING ADULTS SUPPORTING GRIEVING KIDS**
Tues. Sept 26 | 5pm (PT)/6pm (MST)/7pm (CT)/8pm (EST) | On Zoom
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.

**SOUL CENTERED SACRED GRIEF CIRCLE**
Tues. Oct 3rd | 5pm (PT)/6pm (MST)/7pm (CT)/8pm (ET) | On Zoom
Through time-honored practices and traditions 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.

**TENDING TO YOUR GRIEF WITH YOGA**
Sun. Oct 8th | 8am (PT)/9am (MST)/10am (CT)/11am (EST) | Hybrid: In Person at HeartLight or Virtual 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. No prior yoga experience required.

**CONTINUING BONDS TWO PART SERIES**
Oct 24 and Nov 7 | 15pm (PT)/6pm (MST)/7pm (CT)/8pm (EST) | On Zoom
We explore the healing journey to connect to the spark of your loved one and reignite the spark inside of you. This two-part series is a holistic approach to connecting to your loved ones on the other side as you journey through loss.
TRAINING AND EDUCATION

UPCOMING EDUCATIONAL SIGNATURE SERIES:
HeartLight hosts experts to speak on various grief and loss topics throughout the year. Seminars are presentational and all are invited to learn.

Dr. Jason Troyer
January 2024
Program for caregiving professionals and the community. Topics coming soon!

Matt “Griff” Griffin
April 2024
Program for caregiving professionals and the community. Topics coming soon!

FACING THE MOURNING FACILITATOR TRAINING:
Learn to facilitate our signature 4-session interactive support group open to all types of losses to bring to your community or organization

Facing the Mourning Facilitator Training- For Professionals
Fri. Sept 29, 2023
Fri. Nov 17
Start Time: 10am PT/ 11am MST/ 12pm CT/ 1pm ET

RESOURCES:
Resources for those who have experienced a loss as well as professionals supporting someone who has experienced a loss. Learn more by scanning the QR code

Recommended Grief Media:
- Book List
- Podcasts
- Websites
- Videos

HeartLight Academic Articles
- Help Someone who is Grieving
- Helpful Info About Grief
- Self-Care While Grieving
- Individual vs. Group Support
- Loss in the Work Place
- When Kids are Grieving