

Virtual Grief Support Programs

YOU DON'T HAVE TO GRIEVE ALONE.

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.



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-SESSION SUPPORT GROUP

Facing the Mourning Interactive 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)



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



SEMINARS:



FIRST STEPS

Upcoming Dates: September 7, October 5, November 2 s
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



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.



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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, 2023

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



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