



## 3-Month Calendar – October-December 2023

Register online at [heartlightcenter.org/events-calendar](https://heartlightcenter.org/events-calendar) or contact us 720.748.9908 or [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

### Upcoming Special Events

#### Educational Signature Series – DENVER

##### Program for Professionals: BRIDGING THE GAP: A SHARED CALLING

**Wed October 18 8am-12pm**

**location:** Horan & McConaty Parker Rd

A special event for Hospice Professionals, Clergy, Law Enforcement, First Responders, Victim's Advocates, Therapists, Volunteers, Companions, Death Doulos, Death Care Professionals, hosted by Horan & McConaty in partnership with HeartLight Center. Come build relationships with end-of-life and death-care professionals to improve quality of care for those experiencing loss, understand what happens at the funeral home to prepare and inform families, and identify risks, contributors and strategies for reducing burnout and compassion fatigue. Special presentation by Dr. Jason Troyer about how professionals can serve families seamlessly and avoid burnout!

More details on our website: <https://heartlightcenter.org/bridging-the-gap-denver-2023/>

**Registration Required. Certificate of Completion provided upon request to attendees.**

##### Program for the Community: TRANSFORMING GRIEF: FINDING HOPE WHEN OUR WORLD IS SHATTERED

BY DR. JASON TROYER

**Date: Wed Oct 18 6:30-8:00pm**

**location:** Horan & McConaty Parker Rd Chapel

A program for anyone who has experienced a loss or is supporting a griever

After the loss of a loved one, the bereaved face the difficult question: What do I do now? In this presentation, Dr. Troyer will share a process for creating our own personalized, transformative grief journey. Together, we will discuss why "healing" is a tricky grief concept and how to set realistic goals, and we will explore active steps we can take to create meaningful transformation after loss.

#### AFSP Out of the Darkness Walk

Join a team of fellow griever and compassionate grief workers sponsored by HeartLight Center, Horan & McConaty and Park Lawn Corporation for the annual American Foundation of Suicide Prevention - Out of the Darkness Community Walk as we take steps to shine a light on healing, hope, and mental health awareness. Anyone who is grieving or works in the grief field is welcome.

##### DENVER TEAM

**location:** Berkeley Lake Park, Denver, CO

**Date:** Sat. Oct 14

**start time:** 9am (check-in, team meet up), 10:15am (walk start time)

Register for the team online <https://supporting.afsp.org/team/320329> or by contacting Allison Gary at [allison@heartlightcenter.org](mailto:allison@heartlightcenter.org).

### Upcoming VIRTUAL Grief Support Programs

#### First Steps: Virtual Seminar – A Comprehensive Guide to Financial Matters After Death

**Upcoming Dates:** Oct 5, Nov 2, Dec 7

**start time:** 5pm PT / 6pm MST / 7pm CT / 8pm EST

**location:** Zoom

*If you are sifting through paperwork and financial documents after the death of someone close to you and feel overwhelmed, bring your questions to a free seminar with Shane Philips. Get helpful information and tools 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.*

**Seminar is free of cost and typically on the first Wednesday of the month.**

Workbook also available on our website for \$30 in hard-copy or PDF.

### Weekly Support Groups - VIRTUAL

#### VIRTUAL FACING THE MOURNING 4-WEEK GROUP

**October dates:** Tues. Oct 3, 10, 17, & 24

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

**December dates:** Wed. Dec 6, 13, 20 & 27

**time:** 4:30-6pm (PT)/ 5:30-7pm (MST)/ 6:30-8pm (CT)/ 7:30-9pm (EST)

**Cost: \$65 + shipping** (includes a participant manual)

Anyone anywhere can join! Registration is required.

*An interactive support group designed to help with the grieving process by using visual and thought-provoking tools.*

**Registration required.**

## Facing the Mourning Facilitator Training - VIRTUAL

**Dates:** Fri. Nov 17, 2023      **start time:** 10-11am (CT)/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.**

## Grief Support Workshops - VIRTUAL

**\*\*Registration online is required to receive Zoom link.\*\***

### SOUL CENTERED SACRED GRIEF CIRCLE

**location:** Zoom

**upcoming dates:** Tues. Oct 3

**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.**

### TENDING TO YOUR GRIEF WITH YOGA

**location:** Hybrid – join at HeartLight Center or on Zoom

**upcoming dates:** Sun. Oct 8

**time:** 8-9:30am (PT)/9-10:30am (MST)/10-11:30am (CT)/ 11-12:30am (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.**

### CONTINUING BONDS - TWO PART SERIES

**location:** Zoom

**upcoming dates:** Tues. Oct 24 and Nov 7

**start time:** 5-6:30pm (PT)/ 6-7:30pm (MST)/ 7-8:30pm (CT)/ 8-9:30pm (EST)

*Join Ariela HaLevi, Shamanic Energy Healer, as 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.*

**Cost: \$50. Registration is required.**

### ESSENTIALLY GRIEVING: PRIORITIZING LIFE AFTER LOSS

**location:** Zoom

**upcoming dates:** Thurs. Nov 9th

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

*Using Greg McKeown's book Essentialism as a guidepost, this workshop is about prioritizing the overwhelming "to dos" after a significant loss and getting the right things done with the time and energy we have. By applying a more selective criteria for what our top priorities are, this allows bereaved individuals to regain a sense of control and makes some of the first steps after loss more manageable. Suggested Donation: \$15.*

**Registration is required.**

### GRIEF & THE HOLIDAYS

**location:** Zoom

**upcoming dates:** Sat. Nov 18 & Sat. Dec 16

**start time:** 8:30amPT/9:30amMST/10:30amCT/11:30amET

*No matter what you celebrate, it's important to know that you aren't alone during holidays. This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20.*

**Registration is required.**

## Ongoing Monthly Grief Support Groups - VIRTUAL

**\*\*Registration online is required to receive Zoom link.\*\***

**Groups typically run 90-minutes in length**

### LOSS OF A PARENT(S)

**upcoming dates:** Mon. Oct 2, Nov 6, Dec 4

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

*For those who have experienced the death of a parent or adult caregiver. Meets the first Monday monthly.*

### GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

**upcoming dates:** Wed. Oct 4, Nov 1, Dec 6

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

**upcoming dates:** Tues. Oct 17, Nov 21, \*Dec 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 the first Wednesday (7pm MST) and third Tuesday (4pm MST) monthly.*

*\*Please note date change for this meeting.*

### LOSS OF A SPOUSE/PARTNER

**upcoming dates:** Wed. Oct 11, Nov 8, Dec 13

**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 the second Wednesday monthly.*

### SUICIDE LOSS GRIEF SUPPORT

**upcoming dates:** Thurs. Oct 12, Nov 9, Dec 14

**start time:** 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. Oct 5, Nov 2, Dec 7

**start time:** 4pm PT / 5pm MST / 6pm CT / 7pm ET

*For those who have experienced the death of a child 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 the first Thursday monthly.*

## \*NEW! LGBTQ+ GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Nov 13, Dec 11

**start time:** 4pm PT / 5pm MST / 6pm CT / 7pm ET

*This group is specifically for members of the LGBTQIA+ community who are grieving the loss of a loved one, whether that's a friend, family member, or a member of found family. Discussions of grief will also include challenges related to grieving as an LGBTQIA+ individual. Meets the second Monday monthly.*

## Upcoming DENVER Grief Support Programs

### Weekly Support Groups - DENVER

#### NEW BEGINNINGS 6 WEEK GROUP - IN-PERSON DENVER

**October dates:** Tuesdays Oct 3, 10, 17, 24, 31 & Nov 7

**time:** 10-11:30am

**location:** 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.*

*Suggested Donation: \$40. **Space is Limited. Registration is required.***

#### IN-PERSON DENVER FACING THE MOURNING 4-WEEK GROUP

**November dates:** Wed. Nov 1, 8, 15 & 22

**time:** 10-11:30am

**location:** HeartLight Center

**Cost:** \$65 (includes a participant manual)

*Registration is required.*

*An interactive support group designed to help with the grieving process by using visual and thought-provoking tools.*

#### IN-PERSON DENVER FACING THE HOLIDAYS: GRIEF SUPPORT DURING THE "HAPPIEST" TIME OF THE YEAR

**Upcoming dates:** Tues. Nov 21, 28, Dec 5 & 12

**time:** 4-5:30pm

**location:** DPL Library (TBD)

*Space is limited, Registration is required. An interactive support group designed to help with the grieving process specifically for navigating the holidays while grieving. In partnership with Denver Public Library. Register on the HeartLight website.*

## Grief Support Workshops - DENVER

#### FALL SINGING BOWLS GRATITUDE CEREMONY & SOUND MEDITATION

**location:** HeartLight Center

**Date:** Sat. Oct 28

**start time:** 10am-11:30am

*Intuitive Sound Artist, Ann Martin, offers a powerful opportunity to connect to a place of uncommon peace and thankfulness, and awaken a new awareness to fuel your fall path. We will take part in an empowering water ceremony to deepen your connection to The Self, and then enjoy an experiential meditation with various instruments. **Cost: \$40. Space is Limited. Registration is required.***

#### INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

**location:** HeartLight Center

**upcoming dates:** Sat. Nov 4

**time:** 4-6pm

*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. Space is Limited. Registration is required.***

#### OPEN HEART STUDIO FOR THE HOLIDAYS

**location:** HeartLight Center

**upcoming dates:** Sat. Dec 9

**time:** 9am-12pm

*This half-day workshop will invite participants to explore grief through use of various art activities, including a baking activity and craft specific to the holiday season. **Cost: \$35. Space is Limited. Registration is required.***

#### HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

**location:** HeartLight Center and Horan & McConaty

**upcoming dates:** Dec 4, 12 & 14 (at 3 locations)

**start time:** 6:30-7:30pm

*Please join us for our holiday memorial service and candle lighting ceremony, in partnership with Horan & McConaty. Programs will begin at 6:30pm (MST) and will last about one hour. Refreshments will be served. Register on the HeartLight Center website.*



For more information email [info@heartlightcenter.org](mailto:info@heartlightcenter.org) or call 720.748.9908

## Ongoing Monthly Grief Support Groups - DENVER

**\*\*Groups typically run 90-minutes in length**

### **MEN'S LOSS OF A SPOUSE/PARTNER**

**upcoming dates:** Tues. Oct 3, Nov 7, Dec 5

*Dedicated to the unique issues encountered by men who have experienced the death of a spouse, partner or significant other.*

*Meets on the 1<sup>st</sup> Tuesday monthly.*

**location:** HeartLight Center

**start time:** 7pm MST

### **LOSS OF A SPOUSE/PARTNER**

**upcoming dates:** Wed. Oct 11, Nov 8, Dec 13

**upcoming dates:** Wed. Oct 25, Nov 22, Dec 27

*For those who have experienced the death of a spouse, partner or significant other. Meets on the 2<sup>nd</sup> Wednesday (4pm) and 4<sup>th</sup> Wednesday (7pm) monthly. You are welcome to attend either or both.*

**location:** HeartLight Center

**start time:** 4pm (MST)

**start time:** 7pm (MST)

### **LOSS OF A PARENT(S)**

**upcoming dates:** Wed. Oct 18, Nov 15, Dec 20

*For those who have experienced the death of a parent/caregiver. Meets on the 3<sup>rd</sup> Wednesday monthly.*

**location:** HeartLight Center

**start time:** 7pm MST

### **YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS**

**upcoming dates:** Thurs. Oct 5, Nov 2, Dec 7

*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 1<sup>st</sup> Thursday monthly.*

**location:** Highlands Church (1700 S Grant St)

**start time:** 7pm (MST)

### **YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE**

**upcoming dates:** Tues. Oct 17, Nov 21, Dec 19

*For adults 55 and younger who have experienced the death of a spouse/partner. Meets on the 3<sup>rd</sup> Tuesday monthly.*

**location:** HeartLight Center

**start time:** 6pm (MST)

### **SUICIDE LOSS GRIEF SUPPORT**

**upcoming dates:** Mon. Oct 23, Nov 27, \*Dec 18

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

*\*Please note the date change for the December group due to the Christmas holiday.*

**location:** HeartLight Center

**start time:** 4pm (MST)

### **LOSS OF A CHILD SUPPORT**

**upcoming dates:** Thurs. Oct 19, Nov 16, Dec 21

*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.*

**location:** HeartLight Center

**start time:** 6pm (MST)

### **GENERAL GRIEF GROUP - GROWING THROUGH GRIEF**

**upcoming dates:** Thurs. Oct 26, Nov 30, Dec 28

*Open to anyone who has experienced a death loss. Meets on the last Thursday of the month at 4pm at HeartLight.*

**location:** HeartLight Center

**start time:** 4pm (MST)

## Upcoming WESTERN SLOPE Grief Support Programs

### Weekly Support Groups – WESTERN SLOPE

#### **IN-PERSON WESTERN SLOPE FACING THE MOURNING 4-WEEK GROUP**

**Upcoming dates:** Wed, Oct. 25, Nov. 1, 8, 15

**time:** 5-6:30pm (MST)

**location:** Brown's Funeral Home, Grand Junction

**Cost:** \$65 (includes a participant manual)

*Registration is required.*

*An interactive support group designed to help with the grieving process by using visual and thought-provoking tools.*

### Grief Support Workshops – WESTERN SLOPE

#### **INTERNATIONAL SURVIVORS OF SUICIDE DAY**

**Date:** Sat. Nov 18

*More details to come*

**location:** Martin's Mortuary

**start time:** 3-5:00pm

#### **LIGHTS OF REMEMBRANCE: HOLIDAY CANDLE LIGHTING MEMORIAL**

**upcoming dates:** Tues. Dec 5th

*Please join us for our holiday memorial service and candle lighting ceremony. Programs will begin at 6:30pm (MST) and will last about one hour. Refreshments will be served. Registration coming soon!*

**location:** Brown's Funeral Service, Grand Junction

**start time:** 6-7:30pm

## LIGHTS OF LIFE CANDLE LIGHTING MEMORIAL

**upcoming dates:** Thurs, Dec 7

**location:** Taylor's Funeral Home - Delta

**start time:** 6-7:30pm

*Please join us for our holiday memorial service and candle lighting ceremony, in partnership with HopeWest. Programs will begin at 6pm (MST) and will last about one hour. Refreshments will be served. Contact HopeWest with questions or to register: 970-874-6823*

## Ongoing Monthly Grief Support Groups – WESTERN SLOPE

### SUICIDE LOSS GRIEF SUPPORT

**upcoming dates:** Thurs. Oct 26, Nov 30\*, Dec 28

**location:** Taylor's Funeral Home, Delta

**start time:** 6pm (MST)

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

*\*Please note November's meeting date has been adjusted due to the Thanksgiving holiday.*

### LOSS OF SPOUSE/PARTNER POTLUCK

**upcoming dates:** Wed. Oct 18, Nov 15, Dec 20

**location:** Brown's Funeral Home, Grand Junction

**start time:** 6pm (MST)

*A monthly dinner gathering to connect with others who have experienced the loss of a spouse, partner, or significant other. Please bring a dish to share! Table settings and beverages will be provided. Meets the 3rd Wednesday monthly starting August 2023. **RSVP on our website!***

### COMFORT FOOD, COMFORTING HEARTS POTLUCK

**upcoming dates:** Wed. Oct 11, Nov 8, Dec 13

**location:** HopeWest Delta Office

**start time:** 6pm (MST)

*A monthly dinner gathering to connect with other adults who have experienced the loss of a special person in their life. Please bring a dish to share! Registration strongly encouraged to ensure that all who attend can share in the meal. Table settings and beverages will be provided. Meets the second Wednesday of the month starting in October in partnership with HopeWest. **RSVP on our website!***

## Upcoming NEW MEXICO Grief Support Programs

### Grief Support Workshops – NEW MEXICO

#### INTERNATIONAL SURVIVORS OF SUICIDE DAY

**Date:** Sat. Nov 18

*More details to come*

**location:** TBD

**start time:** TBD

## Ongoing Monthly Grief Support Groups – NEW MEXICO

### COMFORT FOOD, COMFORTING HEARTS POTLUCK

**upcoming dates:** Wed. Oct 11, Nov 8, Dec 13

**location:** Daniels Family Funeral Services – Southern

**start time:** 6pm (MST)

*A monthly dinner gathering to connect with other adults who have experienced the loss of a special person in their life. Please bring a dish to share! Registration strongly encouraged to ensure that all who attend can share in the meal. Meets on the 2<sup>nd</sup> Wednesday of the month 6-8pm. **RSVP on our website!***

### NEW! LOSS OF A SPOUSE/PARTNER

**upcoming dates:** Mon, Oct 2, Nov 6, Dec 4

**location:** Daniels Family Funeral Services – Wyoming Chapel

**start time:** 5:30pm (MST)

*For those who have experienced the death of a spouse, partner or significant other. Meets on the 1<sup>st</sup> Monday of the month.*

### \*NEW! LGBTQ+ GRIEF SUPPORT GROUP

**upcoming dates:** Wed. Oct 4, Nov 1, Dec 6

**location:** Albuquerque Social Club

**start time:** 5:30pm (MST)

*This group is specifically for members of the LGBTQIA+ community who are grieving the loss of a loved one, whether that's a friend, family member, or a member of found family. Discussions of grief will also include challenges related to grieving as an LGBTQIA+ individual. Meets on the 1<sup>st</sup> Wednesday of the month 5:30-7pm.*



**For more information email [info@heartlightcenter.org](mailto:info@heartlightcenter.org) or call 720.748.9908**

**For questions or to be added to our email mailing list email [info@heartlightcenter.org](mailto:info@heartlightcenter.org)**



## Community Partner Groups

### VIRTUAL

#### SOARING SPIRITS INTERNATIONAL - LOSS OF SPOUSE/PARTNER

*Soaring Spirits International is an organization designed specifically for the support of widowed members of the community for conversation and connection. More information about all of their available programming, all around the world, is available on their website here:*

<https://soaringspirits.org/>

#### 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>*

#### BEREAVED SIBLINGS

*A support group for individuals 18 and older whose sibling or siblings have died. Meets on the 2<sup>nd</sup> Monday of each month at 6:30pm MST 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](mailto:tawnya@deardepartures.com)*

#### SPANISH-LANGUAGE GRIEF SUPPORT GROUP

*We are honored to partner with The Grief Center for Hope and Healing to offer virtual grief support groups in Spanish so you can access helpful support in the language you are most comfortable with. Contact The Grief Center for Hope and Healing to sign up for the groups you would like to attend: [info@childrengrief.org](mailto:info@childrengrief.org) 505-323-0478 [griefnm.org](http://griefnm.org)*

*Nos sentimos honrados de asociarnos con The Grief Center for Hope and Healing para ofrecer grupos virtuales de apoyo para el duelo en español para que pueda acceder a apoyo útil en el idioma en el que se sienta más cómodo. Los grupos de apoyo del Grief Center se reúnen de septiembre a mayo y están abiertos a niños, adolescentes, familias y adultos que están de duelo por la muerte de un ser querido. El grupo de apoyo para adultos está abierto a cualquier persona que haya experimentado una muerte. Pasaremos tiempo aprendiendo sobre el proceso de duelo y conectándonos con otros.*

#### DENVER In-Person

##### 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 at HeartLight Center. \*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 [marquerite@ignitingsuccess.net](mailto:marquerite@ignitingsuccess.net)*

#### NORTH DENVER In-Person

***The Richard Lambert Foundation** provides counseling and grief support groups for adults and children in the Northern Denver area. Their grief center is specifically located in Brighton Colorado. <https://www.richardlambertfoundation.org/>*

#### WESTERN SLOPE In-Person

***Hope West Hospice** offers several support groups, to include, but not limited to: Drop-In Grief Support, Mending Hearts 10-Week Grief Group, Coffee for Men Support Group, Caregiver Connections, Angel Babies Support Group. Groups are open to anyone in the community, regardless of whether they had a loved one on hospice services. To register call 970-257-2390.*

***Heartbeat of Grand Junction** meets the third Tuesday of the month at 7:00pm at the First Congregational UCC (1425 N. 5th St, Grand Junction). Heartbeat exists to help survivors absorb the impact of a self-inflicted death, to offer comfort, understanding and acceptance, and to support each other toward healthy resolution to the grief. To connect with this group, contact the facilitator: Gretchen McGeeney (970) 241-4349*

#### NEW MEXICO In-Person Community Events

##### NEW MEXICO “BEFORE I DIE” FESTIVAL

**Date:** Mon. Oct 16 – Sat. Oct 21

**location:** Daniels Family Funeral Services – Wyoming

**start time:** 3:00-4:00pm

*The Festival runs from 10/16-10/21 and features a wide variety of educational and entertainment sessions about various aspects of end of life at several locations around Albuquerque. For general festival information, visit: <https://beforeidiefestivals.com/>*

*Join HeartLight Center in partnership with The Grief Center of New Mexico on Mon, Oct 16<sup>th</sup> from 3-4:00pm for a Feature Panel where Genna Reeves, Adrienne Larkin, and Mickey Kivitz will discuss “Understanding Grief” – dispelling common misconceptions about grief, exploring various grief experiences, and offering guidance on supporting bereaved individuals.*

##### QUEER GRIEF SYMPOSIUM WITH ‘TIL MOURNING SIGNATURE DRAG SHOW & COSTUME PARTY

**location:** Albuquerque Social Club

**Date:** Sat. Nov 4 9pm-2pm (Drag Show & Costume Party) and Sun. Nov 5 (Symposium) time TBD

*A one-of-a-kind weekend experience that bridges the realms of queer mourning, grief, celebration, and healing. We come together as a loving and resilient community to honor LGBTQ+ grief, end-of-life, and/or loss experiences, as well as celebrate our strength and uplift one another. \*Featuring Meet and Greet Option with Dhali (of Boulet Brother’s Dragula). More ticket information to come!*