

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. Nov 6, Dec 4, Jan 4 | 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. Nov 1, Dec 6, Jan 3 | 4pm dates: Tues. Nov 21, Dec 18, Jan 16

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. Nov 8, Dec 13, Jan 10 | 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. Nov 9, Dec 14, Jan 11 | 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. Nov 2, Dec 7, Jan 4 | 4pm PT / 5pm MST / 6pm CT / 7pm ET

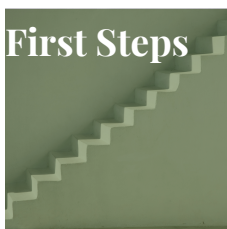
For bereaved parents, grandparents, and caregivers who have experienced the death of a child/grandchild at any age and for any reason. Meets on the first Thursday monthly.

LGBTQ+ GRIEF SUPPORT GROUP

Upcoming dates: Mon. Nov 13, Dec 11, Jan 8 | 4pm PT / 5pm MST / 6pm CT / 7pm ET

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. Meets the second Monday monthly.

SEMINARS:



FIRST STEPS

Upcoming Dates: Nov 2, Dec 7, Jan 11

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



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





CONSISTENT WEEKLY SUPPORT:



FACING THE MOURNING 4-WEEK SUPPORT GROUP

Facing the Mourning Support Group- Open to All:

December Dates: Wednesdays, Dec 6, 13, 20 & 27

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



VIRTUAL LEGACIES OF LOSS 6-WEEK GROUP

January dates: Tues. Jan 9, 16, 23, 30, Feb 6 & 13

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

For individuals who are at least 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.



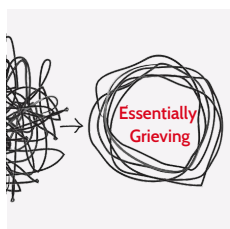
SPECIAL GRIEF WORKSHOPS:



CONTINUING BONDS TWO PART SERIES

Oct 24 and Nov 7 | 5pm (PT)/ 6pm (MST)/ 7pm (CT)/ 8pm (EST) | On Zoom

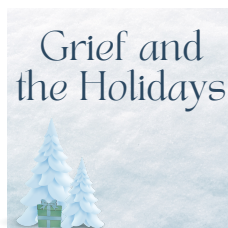
We explore the healing journey to connect to the spark of your loved one and reignite the spark inside of you. This two-part series is a holistic approach to connecting to your loved ones on the other side as you journey through loss.



ESSENTIALLY GRIEVING: PRIORITIZING LIFE AFTER LOSS

Thurs. Nov 9th | 3pm (PT)/4pm (MST)/5pm (CT)/ 6pm (EST)| On Zoom

A helpful workshop for those who are newly bereaved or those who are feeling stuck in their grief. Using Greg McKeown's book Essentialism as a framework, 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.



GRIEF AND THE HOLIDAYS WORKSHOP

Sat. Nov 18th or Sat. Dec 16th

8:30am (PT) / 9:30am (MT) / 10:30am (CT) / 11:30am (ET) | On Zoom

The holiday season can be difficult when you are grieving. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events.



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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 23, 2024

Program for Professionals: Using Private Rituals with Clients for Personal Transformation.
Program for the Community: Throwing Out the Rules-Why Most Grief Advice is Wrong.



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. Nov 17, 2023

Fri. Jan 26, 2024

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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