

# 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. Dec 4, Jan 4, Feb 5 | 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. Dec 6, Jan 3, Feb 7 | 4pm dates: Tues. Dec 18, Jan 16, Feb 20

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. Dec 13, Jan 10, Feb 14 | 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. Dec 14, Jan 11, Feb 8 | 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. Dec 7, Jan 4, Feb 1 | 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. Dec 11, Jan 8, Feb 12 | 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.

### \*COMING SOON! LOSS TO SUBSTANCE USE/ABUSE/OVERDOSE SUPPORT GROUP

Upcoming Dates: Thurs. Feb 22 | 6pm PT / 7pm MST / 8pm CT / 9pm ET

This group is for adult individuals who have experienced a death loss where substance use, abuse or overdose were part of the life/death narrative. Meets the fourth Thursday monthly.

### \*COMING SOON! SUDDEN LOSS GRIEF SUPPORT GROUP

Upcoming dates: March Dates TBA | TBA

This group is for individuals who experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Meets on the fourth Tuesday monthly starting in March.



720-748-9908

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## 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(PT)/ 5:30(MST)/ 6:30(CT)/ 7:30(EST)

**February Dates:** Thursdays, Feb 8, 15, 22, & 29

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



## SEMINARS:



### FIRST STEPS

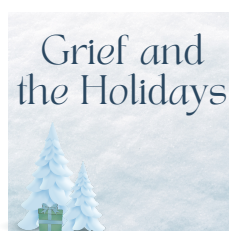
Upcoming Dates: Dec 14, Jan 11, Feb 8

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:



### 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.



### SOUL CENTERED SACRED GRIEF CIRCLE

Tues. Feb 20

5-6:30pm PT/6-7:30pm MST/7-8:30pm CT/8-9:30pm ET | On Zoom

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.



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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. 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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