Learning about grief can normalize and validate our feelings and experiences. HeartLight is committed to providing ongoing education to grievers and professionals by hosting experts from across the country to present on various topics through our HeartLight Signature Series.

**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

Presented by: Dr. Jason Troyer

To learn more about Dr. Troyer visit https://www.griefplan.com/

**April 9, 2024**

The Treasure in the Trauma:
We will explore the idea that even in the midst of our most difficult experiences, there is often a hidden treasure waiting to be discovered.

Presented By: Matt "Griff" Griffin

To learn more about Griff visit www.authormattgriffin.com

**August 20, 2024**

Cultural Diversity in Grief:
Regardless of our race, gender, religion, location, and privilege – dying is not an option. But how we access safe, culturally-sensitive support and care is.

Presentation from: A PAUSE Panel

To learn more about PAUSE visit https://www.timetopause.org/

TBA

How to Support Grieving Children:
The mission of Judi's House is to help children and families grieving a death find connection and healing.

Presentation details TBA.

Presented by: Judi's House

To learn more about Judi's House visit https://judishouse.org/