



A non-profit organization providing meaningful and accessible grief support and education.  
Headquartered in Denver, Colorado



## 3-Month Calendar – January-March 2024

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 – Virtual

##### Dr. Jason Troyer Presentations

##### Program for Professionals: Using Private Rituals with Clients for Personal Transformation

**Date:** Tuesday, Jan 23<sup>rd</sup> **Time:** 8-10am (PT)/ 9-11am (MST)/ 10-12pm (CT)/ 11-1pm (EST) **location:** Zoom

A special presentation for Hospice Professionals, Clergy, Law Enforcement, First Responders, Victim's Advocates, Therapists/Counselors, Volunteers, Companions, Death Doulas, Death Care & Grief Care Professionals.

While funerals and memorial services can be powerful public rituals, we don't talk nearly enough about the small, private moments we have each day that are important to our grief process. Dr. Troyer will lead discussion around different types of private rituals, how to facilitate transformation in rituals, and helping the bereaved to create and value their own private rituals as part of their grief journey.

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

##### Program for the Community: Throwing Out the Rules: Why Most Grief Advice is Wrong

**Date:** Tuesday, Jan 23<sup>rd</sup> **Time:** 5-6:30pm (PT)/ 6-7:30pm (MST)/ 7-8:30pm (CT)/ 8-9:30pm (EST) **location:** Zoom

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

Amazon lists countless books on grief and loss and the social media channels are filled with grief experts sharing loads of advice. But as we search for THE answer to grief, we often feel lost and hopeless. In this presentation, Dr. Jason Troyer reviews many different ways in which the grief "experts" are wrong and the importance of becoming the expert of our own grief journey.

##### IN-PERSON LIVE STREAM IN NEW MEXICO!

**Date:** Tuesday, Jan 23<sup>rd</sup> **Time:** 9-11:30am (MST) **location:** Daniels Family Funerals & Cremation – Sara Rd

**Date:** Tuesday, Jan 23<sup>rd</sup> **Time:** 6-8pm (MST) **location:** Daniels Family Funerals & Cremation – Sara Rd

We are hosting an in-person live stream of both of Dr. Troyer's programs. We will watch the live presentation together with discussion and networking to follow. Breakfast for the morning presentation generously donated by Daniels Family Funeral Services, 4310 Sara Rd, Rio Rancho, NM 87124

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

### Upcoming VIRTUAL Grief Support Programs

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

**Upcoming Dates:** Jan 11, Feb 8, Mar 6, Mar 28 **start time:** 5pm PT / 6pm MST / 7pm CT / 8pm EST **location:** Zoom

Bring your questions and get helpful information and tools for handling practical matters after death loss – discuss financial matters, get a better understanding of what documents you'll need and how to get them, how to close accounts and file claims, and more.

**Seminar is free of cost.**

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

### Weekly Support Groups - VIRTUAL

#### VIRTUAL LEGACIES OF LOSS 6-WEEK GROUP

**January dates:** Tues. Jan 9, 16, 23, 30, Feb 6 & 13 **time:** 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. Cost \$40, includes a workbook. **Registration is required.**

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

**February dates:** Thurs. Feb 8, 15, 22, & 29 **time:** 9am (PT)/10am (MST)/11am (CT)/12pm (EST)

**Cost:** \$65 + shipping (includes a participant manual) **\*\*This group is specifically for the families affected by the Return to Nature Funeral Home.**

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. Jan 26      **start time:** 10-11am (CT)/11-1pm (MST)/12-2pm (CT)/1-3pm (EST)      **Location:** Zoom  
**Dates:** Fri. March 15      **start time:** 10-11am (CT)/11-1pm (MST)/12-2pm (CT)/1-3pm (EST)      **Location:** Zoom

*For professionals experienced in facilitating support groups 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.\*\***

**GRIEF AFTER THE HOLIDAYS: GOAL SETTING IN THE NEW YEAR**      **location:** Zoom

**upcoming dates:** Sat. Feb 3      **start time:** 8:30amPT/9:30amMST/10:30amCT/11:30amET

*A follow-up from the "Grief and the Holidays" workshop, this virtual workshop is a way to get some support and helpful tips when transitioning to the new year with grief. We will discuss coping with emotional reactions in the new year, tending to self-care needs, and goal setting in the new year. Suggested Donation: \$20. **Registration is required.***

**SOUL CENTERED SACRED GRIEF CIRCLE**      **location:** Zoom

**upcoming dates:** Tues. Feb 20      **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.**

## Ongoing Monthly Grief Support Groups - VIRTUAL

**\*\*Registration online is required to receive Zoom link.\*\***      **Groups typically run 90-minutes in length, Suggested Donation \$15**

### LOSS OF A PARENT(S)

**upcoming dates:** \*Thurs Jan 4, Mon Feb 5, Mar 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.*

*\*Please note the date change for the January group due to the New Year holiday.*

### GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

**upcoming dates:** Wed. Jan 3, Feb 7, Mar 6      **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

**upcoming dates:** Tues. Jan 16, Feb 20, Mar 19      **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.*

### LOSS OF A SPOUSE/PARTNER

**upcoming dates:** Wed. Jan 10, Feb 14, Mar 13      **start time:** 5pm PT / 6pm MST / 7pm CT / 8pm ET

*For those who have experienced the death of a spouse, partner or significant other. Meets the second Wednesday monthly.*

**\*\*\*Please note new start time beginning January 2024.**

### SUICIDE LOSS GRIEF SUPPORT

**upcoming dates:** Thurs. Jan 11, Feb 8, Mar 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. Jan 4, Feb 1, Mar 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.*

### LGBTQ+ GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Jan 8, Feb 12, Mar 11      **start time:** 4pm PT / 5pm MST / 6pm CT / 7pm ET

*This group is specifically for adult 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.*

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

**upcoming dates:** Thurs. Feb 22, Mar 28

**start time:** 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. This group will meet on the fourth Thursday of the month starting in February, 2024. \*Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.*

### **\*Coming Soon! SUDDEN LOSS GRIEF SUPPORT GROUP**

**upcoming dates:** Tues. Mar 26

**start time:** 5:30pm PT/ 6:30pm MST/ 7:30pm CT/ 8:30 ET

*This group is for individuals who experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, medical complication, etc). Will meet on the fourth Tuesday of the month starting in March.*

### **\*Coming Soon! YOUNG ADULTS GRIEF SUPPORT GROUP**

**upcoming dates:** Mon. Mar 18

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

*This group is for specifically for individuals 18-25 years old who have experienced a death loss – regardless of relationship or cause of death. Will meet on the third Monday of the month starting in March.*

## Upcoming DENVER Grief Support Programs

### Weekly Support Groups - DENVER

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

**January dates:** Tues. Jan 9, 16, 23, & 30

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

**location:** HeartLight Center

**March dates:** Mon. Mar 4, 11, 18 & 25

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

**location:** Horan & McConaty Arvada

**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.*

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

**March dates:** Mon. March 4, 11, 18, 25, Apr 1, & 8

**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.*

*Cost: \$40, includes materials. **Space is Limited. Registration is required.***

### Grief Support Workshops - DENVER

#### **THE HEALING POWER OF DREAMS**

**upcoming date:** Wed. Jan 17

**location:** HeartLight Center

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

*Having dreams about departed loved ones is quite common. Dreams can aid us in continuing an enduring bond with our loved ones and guide us to find new meaning as we move along the path of our grief. Learn about the different types of dreams people experience during grief and how even dreams that seem disturbing can help express our emotions and aid us in our healing journey.*

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

**upcoming date:** Sat. Feb 3rd

**location:** HeartLight Center

**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**

**upcoming date:** Sat. Mar. 9th

**location:** HeartLight Center

**time:** 9:00am-11:30am

*This half-day workshop will invite participants to explore grief through use of various art activities. No prior art experience required. **Cost: \$35. Space is Limited. Registration is required.***

#### **SPRING EQUINOX SINGING BOWLS SOUND MEDITATION**

**upcoming dates:** Sat. Mar 23

**location:** HeartLight Center

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

*Join Ann Martin, Intuitive Sound Artist, for a meditative sound journey called "Spring Clearing". The singing bowls and gongs invite you to release winter energy, and open to the hope that Spring brings. Please bring a thick pad and pillow for comfort reclining on the floor. **Cost: \$40. Registration is required.***



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

## Ongoing Monthly Grief Support Groups - DENVER

*\*Groups typically run 90-minutes in length, suggested donation \$15*

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

**upcoming dates:** Tues. Jan 2, Feb 6, Mar 5

**location:** HeartLight Center

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

*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.*

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

**upcoming dates:** Wed. Jan 10, Feb 14, Mar 13

**location:** HeartLight Center

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

**upcoming dates:** Wed. Jan 24, Feb 28, Mar 27

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

*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.*

### **LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING**

**location:** \*HeartLight Center

**upcoming dates:** Sat. Jan 20, Feb 17, Mar 16

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

*A monthly dinner gathering to connect with others who have experienced the loss of a spouse, partner, or significant other. Please bring a (simple) dish to share! Table settings and non-alcoholic beverages will be provided. Meets the 3rd Saturday monthly.*

*\*Location may change depending on the meeting and decisions made by the group.*

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

**upcoming dates:** Wed. Jan 17, Feb 21, Mar 20

**location:** HeartLight Center

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

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

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

**upcoming dates:** Thurs. Jan 4, Feb 1, Mar 7

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

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

*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.*

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

**upcoming dates:** Tues. Jan 16, Feb 20, Mar 19

**location:** HeartLight Center

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

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

### **SUICIDE LOSS GRIEF SUPPORT**

**Upcoming dates:** Mon. Jan 22, Feb 26, Mar 25

**location:** HeartLight Center

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

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

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

**upcoming dates:** Thurs. Jan 18, Feb 15, Mar 21

**location:** HeartLight Center

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

*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.*

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

**upcoming dates:** Thurs. Jan 25, Feb 29, Mar 28

**location:** HeartLight Center

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

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

### **\*NEW! BEREAVED SIBLINGS SUPPORT GROUP**

**upcoming dates:** Thurs. Jan 4, Feb 1, Mar 7

**location:** HeartLight Center

**start time:** 4:30pm-6pm (MST)

*This group is designed for adult individuals who are grieving the loss of a sibling. Meets on the 1<sup>st</sup> Thursday of the month at 4:30pm at HeartLight.*

### **\*NEW! TRANSFORMING AFTER SUICIDE LOSS**

**upcoming dates:** Mon. Jan 8, Feb 12, Mar 11

**location:** HeartLight Center

**start time:** 4-5:30pm (MST)

*An ongoing group designed for individuals who have experienced a loss to suicide and are at least one year post-loss wanting additional support beyond the first year with topic-specific meetings. We will incorporate a potluck gathering into meetings at least once per quarter with the first potluck gathering being the March meeting date. Meets on the second Monday monthly starting January 2024.*

## Upcoming WESTERN SLOPE Grief Support Programs

### Ongoing Monthly Grief Support Groups – WESTERN SLOPE

*\*Groups typically run 90-minutes in length, suggested donation \$10*

#### LOSS OF SPOUSE/PARTNER POTLUCK

**upcoming dates:** Wed. Jan 17, Feb 21, Mar 20

*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!***

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

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

#### COMFORT FOOD, COMFORTING HEARTS POTLUCK

**upcoming dates:** Wed. Jan 10, Feb 14, Mar 13

*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 in partnership with HopeWest. **RSVP on our website!***

**location:** HopeWest Delta Office

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

#### GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

**upcoming dates:** Thurs. Jan 25, Feb 29, Mar 28

*Open to anyone who has experienced a death loss. Meets on the last Thursday of the month at 6pm at Brown's.*

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

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

## Upcoming NEW MEXICO Grief Support Programs

### Ongoing Monthly Grief Support Groups – NEW MEXICO

*\*Groups typically run 90-minutes in length, suggested donation \$15*

#### LOSS OF A SPOUSE/PARTNER

**upcoming dates:** Mon. \*Jan 8, Feb 5, Mar 4

*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.*

*\*Please note January's meeting date has been adjusted due to the New Years Day holiday.*

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

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

#### LGBTQ+ GRIEF SUPPORT GROUP

**upcoming dates:** Wed. Jan 3, Feb 7, Mar 6

*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.*

**location:** UrbanMama505 Kombuchery

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

#### \*NEW! SUDDEN & TRAUMATIC LOSS GROUP

**upcoming dates:** Wed. Jan 10, Feb 14, \*Mar 12

*For those who have experienced a sudden/traumatic loss, including incidents of accident, medical, or violent events. Meets on the 2<sup>nd</sup> Wednesday of the month 4:30-6pm starting in January.*

*\*Please note March's meeting date has been adjusted.*

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

**start time:** 4:30-6pm



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