In-Person Programs
Monthly Grief Support Groups:

**MEN’S LOSS OF A SPOUSE/PARTNER**
Upcoming dates: Tues. Mar 5, Apr 2, May 7 | 7pm
Dedicated to the unique issues of men who have experienced the death of a spouse, partner or significant other. Meets on the 1st Tuesday monthly.

**LOSS OF A SPOUSE/PARTNER**
Upcoming dates: 4pm Wed. Mar 13, Apr 10, May 8 | 7pm Wed. Mar 27, Apr 24, May 22
For those who have experienced the death of a spouse, partner or significant other. Meets on the 2nd Wednesday (4pm) and 4th Wednesday (7pm) monthly. You are welcome to attend either or both.

**LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING**
Upcoming dates: Sat. Mar 16, Apr 20, May 18 | 5pm
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! Meets the 3rd Saturday monthly. *Location varies.

**LOSS OF A PARENT(S)**
Upcoming dates: Wed. Mar 20, Apr 17, May 15 | 7pm
For those who have experienced the death of a parent/caregiver. Meets on the 3rd Wednesday monthly.

**YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS**
Upcoming dates: Thurs. Mar 7, Apr 4, May 2 | 7pm
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 1st Thursday monthly. Meets at Highlands Church (1700 S Grant St).

**YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE**
Upcoming dates: Tues. Mar 19, Apr 16, May 21 | 6pm
For adults 55 and younger who have experienced the death of a spouse/partner. Meets on the 3rd Tuesday monthly.

**SUICIDE LOSS GRIEF SUPPORT**
Upcoming dates: Mon. Mar 25, Apr 22, May 27 | 4pm
For those who have experienced a loss to suicide. Meets on the fourth Monday monthly.

**LOSS OF A CHILD SUPPORT**
Upcoming dates: Thurs. Mar 21, Apr 18, May 16 | 6pm
For bereaved parents, grandparents, caregivers, and adult siblings who have experienced the death of a child of any age. Meets on the 3rd Thursday of each month.
IN-PERSON PROGRAMS CONT.
MONTHLY GRIEF SUPPORT GROUPS

GROWING THROUGH GRIEF
Upcoming dates: Thurs. Mar 28, Apr 25, May 30 | 4pm
Open to anyone who has experienced a death loss. Meets on the last Thursday of the month.

BEREAVED SIBLINGS SUPPORT GROUP
Upcoming dates: Thurs. Mar 7, Apr 4, May 2 | 4:30 pm
For adult individuals who are grieving the loss of a sibling. Meets on the 1st Thursday of the month.

NEW! TRANSFORMING AFTER SUICIDE LOSS
Upcoming dates: *Mon. Mar 11, Apr 8, May 13 | 4:00 pm
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. Meets on the second Monday monthly. **March meeting will include a potluck.

LOSS TO SUBSTANCE USE/ABUSE/OVERDOSE SUPPORT GROUP
Upcoming dates: Mon. Mar 18, Apr 15, May 20 | 7:00 pm
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 meets on the third Monday of the month. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

CONSISTENT WEEKLY SUPPORT:

Facing the Mourning Support Groups- Open to all types of loss
March dates: Mon. Mar 4, 11, 18 & 25 | 4-5:30pm | Horan & McConaty Arvada
April dates: Mon. Apr 1, 8, 15 & 22 | 5:30-7pm | Horan & McConaty Centennial
May dates: Mon. May 6, 13, 20 & Wed. May 29 | 4-5:30pm | Horan & McConaty Lakewood
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: $65 (includes a participant manual)

New Beginnings 6 Week Group
March dates: Mon. March 4, 11, 18, 25, Apr 1, & 8 | 10-11:30am | 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

Relationships and Grief 4 Week Group
Tuesdays. April 2, 9, 16 & 23 | 10am-11:30am | HeartLight Center
Grief cracks us wide open, other pain and past losses come up and need to come out. Relationship issues surface. Sometimes we feel a pull to make ourselves better and the need for change. This group will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves. Cost: $40.
IN-PERSON PROGRAMS CONT.
SPECIAL GRIEF WORKSHOPS:

OPEN HEART STUDIO
March 9th | 9am-11:30am | HeartLight Center
This creative and social workshop invites participants to explore grief through use of various art activities, no prior art experience required. Cost: $40, includes supplies.

SPRING EQUINOX SINGING BOWLS SOUND MEDITATION
Sat. Mar 23 | 10:00am-11:30am | HeartLight Center
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

EXPLORING GRIEF WITH MUSIC
April 3rd | 7:00pm-8:30pm | HeartLight Center
Join us for an experiential workshop about the connections we make to and through music.

PET LOSS MEMORIAL
April 13th | 11:00am-1:00pm | HeartLight Center
Join us as we pay tribute to the lives of beloved animal companions, honoring your connection, sharing memories, and mourning in community. Please bring with you a special picture or object.

SPRING REMEMBRANCE CEREMONY
April 27th | 10:00am-12:00pm | HeartLight Center
Please join us for a memorial service and candle lighting ceremony, in partnership with Arapahoe Community College. Light refreshments will be served. All are welcome.

info@heartlightcenter.org
720-748-9908
www.heartlightcenter.org

In partnership with
HORAN & McCONATY
FUNERAL SERVICE AND CREMATION
VIRTUAL PROGRAMS
MONTHLY GRIEF SUPPORT GROUPS:

LOSS OF A PARENT(S)
Upcoming dates: Mon. Mar 4, Apr 1, May 6 | 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
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). *Please note date change for this meeting.

LOSS OF SPOUSE/PARTNER
Upcoming Dates: Wed. Mar 13, Apr 10, May 8 | 5pm PT / 6pm MST / 7pm CT / 8pm 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. Mar 14, Apr 11, May 9 | 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. Mar 7, Apr 4, May 2 | 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. 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 on the first Thursday monthly.

LGBTQ+ GRIEF SUPPORT GROUP
Upcoming dates: Mon. Mar 11, Apr 8, May 13 | 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.

LOSS TO SUBSTANCE USE/ABUSE/OVERDOSE SUPPORT GROUP
Upcoming Dates: Thurs. Mar 28, Apr 25, May 23 | 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.

NEW! SUDDEN LOSS GRIEF SUPPORT GROUP
Upcoming dates: Tues. Mar 26, Apr 23, May 28 | 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, etc). Meets on the fourth Tuesday monthly starting in March.

NEW! YOUNG ADULTS GRIEF SUPPORT GROUP
Upcoming dates: Mon. Mar 18, Apr 15, May 20 | 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. Meets on the third Monday monthly starting in March.
VIRTUAL PROGRAMS CONT.

CONSISTENT WEEKLY SUPPORT:

FACING THE MOURNING 4-WEEK SUPPORT GROUP
Facing the Mourning Support Group - Open to All:

April Dates - Open to all: Mon. Apr 1, 8, 15 & 22 | 4pm (PT)/5pm (MST)/6pm (CT)/7pm (EST)

An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: $65 plus shipping.

SEMINARS:

FIRST STEPS

Upcoming Dates: Mar 6, Mar 28, Apr 11, Apr 25, May 9, May 23
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:

MINDFULNESS PRACTICES FOR SELF-CARE

Wed. April 24 | 3pm PT / 4pm MST / 5pm CT / 6pm ET | On Zoom

Mindfulness is the act of paying attention and being aware of the present moment - internally and externally - in the here and now. Mindfulness practices help us to live fully in the present moment, to observe our thoughts and feelings free of judgment. In this workshop, we will gain a better understanding about mindfulness and use of tools that can help with coping with our grief and attunement to the present.

TAKE A PAUSE... WITH HEALING LAUGHTER

Thurs, May 16th | 3-4:30pm (PT)/4-5:30pm (MST)/5-6:30pm (CT)/6-7:30pm (EST)

We invite you to take a pause... to come up for some air from your grief. It can feel challenging to access laughter during tragedy in our lives. And we welcome you to a supportive and gentle space with Eileen to explore breathing exercises, childlike play, and a little pause from the heaviness of our grief. No traditional yoga poses are used and no experience is required.
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.

Matt “Griff” Griffin

AUGUST 20
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.

Judi’s House

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.

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
Upcoming Dates: Fri. Mar 15, Fri. May 17
Start Time: 10am PT/ 11am MST/ 12pm CT/ 1pm ET
Cost: $85

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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