

# 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. 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

7pm dates: Wed. Mar 6, Apr 3, May 1 | 4pm dates: Tues. Mar 19, Apr 16, \*May 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). \*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. 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.



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Website



## VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:



### FACING THE MOURNING 4-WEEK SUPPORT GROUP

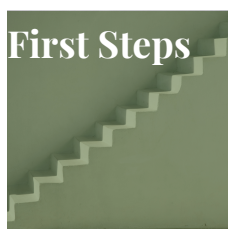
Facing the Mourning Support Group- Open to All:

**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

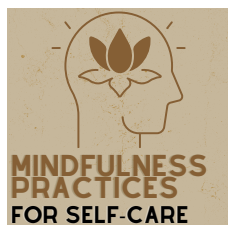
Upcoming Dates: Mar 6, Mar 28, Apr 11, Apr 25, May 9, May 23

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.



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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.

Matt “Griff” Griffin



APRIL 9

#### **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.

A PAUSE Panel



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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