

# Grief Support

*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 and local support groups, workshops, seminars and resources for individuals who are grieving a loss of any kind.



## HOW CAN WE HELP YOU?

### Immediately After the Funeral:

Get helpful information and resources for handling estate matters including: gathering documents, obtaining social security benefits, making life insurance claims, asset liquidation, and more.

### Open Support Groups:

Connect with people who have similar experiences. Groups are led by trained facilitators and topics are personalized to fit the needs of each group.

### Facing the Mourning Support Group:

An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools.

### Workshops for Grief Support:

Explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or individual events.

### 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.

### Resources:

Printable and online resources available to help connect you with organizations, providers, and information.

### Heart to Heart Letters:

From one griever to another. Find comforting words in our Heart to Hearts.

"The HeartLight Center is an invaluable resource when dealing with any type of loss. HeartLight Center knows how much it means to have a safe, caring community you can count on when you need it most."

-Nancy, Support Group Member



# Education & Training

*MEANINGFUL, ACCESSIBLE GRIEF SUPPORT AND EDUCATION.*

We truly value the Education aspect of our mission and know the importance of continued education, resources for those we serve, and opportunities for connection with fellow professionals.



## FIND THE TRAINING OR PROGRAM THAT BEST FITS YOUR PROFESSIONAL AND ORGANIZATION NEEDS.

### Educational Signature Series:

HeartLight hosts professional speakers, from across the country, to speak on grief and loss topics throughout the year, offering professional educational opportunities to you and your team.

### Support Group Facilitator Training:

Learn to run our flagship program, Facing the Mourning. Our facilitator training will enable you to offer this program through your organization.

### Professional Support:

Consultation and organizational debriefing for self care and loss in the work place.

### Presentations:

Request a tailored seminar or presentation for your organization.

### Resources:

Printable and online resources

"HeartLight's offerings for professionals are spot on. Through partnerships and collaboration HeartLight has provided crucial programming and education."

-Lisa, Hospice Manager



Website

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