

Denver 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.



IN- PERSON PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

MEN'S LOSS OF A SPOUSE/PARTNER

Upcoming dates: Tues. Apr 2, May 7, June 4 | 7pm

Dedicated to the unique issues of men who have experienced the death of a spouse, partner or significant other. Meets on the first Tuesday monthly.

LOSS OF A SPOUSE/PARTNER

Upcoming dates: 4pm Wed. Apr 10, May 8, June 12 | 7pm Wed. Apr 24, May 22, June 26

For those who have experienced the death of a spouse, partner or significant other. Meets on the second Wednesday (4pm) and fourth Wednesday (7pm) monthly. You are welcome to attend either or both.

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

Upcoming dates: Sat. Apr 20, May 18, June 15 | 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 third Saturday monthly. *Location varies.

LOSS OF A PARENT(S)

Upcoming dates: Wed. Apr 17, May 15, June 19 | 7pm

For those who have experienced the death of a parent/caregiver. Meets on the third Wednesday monthly.

YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS

Upcoming dates: Thurs. Apr 4, May 2, June 6 | 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 first Thursday monthly. Meets at Highlands Church (1700 S Grant St).

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

Upcoming dates: Tues. Apr 16, May 21, June 18 | 6pm

For adults 55 and younger who have experienced the death of a spouse/partner. Meets on the third Tuesday monthly.

SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Mon. Apr 22, *May 20, June 24 | 4pm

For those who have experienced a loss to suicide. Meets on the fourth Monday monthly. *please note date change in May

LOSS OF A CHILD SUPPORT

Upcoming dates: Thurs. Apr 18, May 16, June 20 | 6pm

For bereaved parents, grandparents, caregivers, and adult siblings who have experienced the death of a child of any age. Meets on the third Thursday of each month.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website



IN- PERSON PROGRAMS CONT. MONTHLY GRIEF SUPPORT GROUPS

GROWING THROUGH GRIEF

Upcoming dates: Thurs. Apr 25, May 30, June 27 | 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. Apr 4, May 2, June 6 | 4:30 pm

For adult individuals who are grieving the loss of a sibling. Meets on the first Thursday of the month.

NEW! TRANSFORMING AFTER SUICIDE LOSS

Upcoming dates: Mon. Apr 8, May 13, *June 10 | 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. **June meeting will include a potluck.

SURVIVORS OF SUBSTANCE LOSS SUPPORT GROUP

Upcoming dates: Mon. Apr 15, May 20, June 17 | 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:



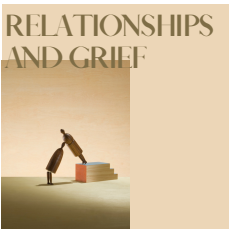
Facing the Mourning 4-Week Support Group

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

Open to all types of loss:

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



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.



SPECIAL GRIEF WORKSHOPS:



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.



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IN- PERSON PROGRAMS CONT. SPECIAL GRIEF WORKSHOPS:



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.



INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

June 1st | 4:00pm-6:00pm | HeartLight Center

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. Cost: \$20



HEALING WITH HORSES

Sat. May 4, June 1, 29, July 20, or Sept 7 | 10:00am-4:00pm | Colorado

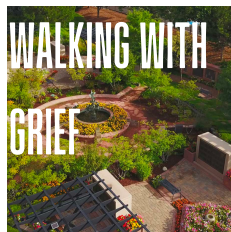
Come with an open mind and heart and discover what the horses have for you at this stage of your grief journey. Offered in partnership with TRU Community Care at private ranches in Boulder and Lyons. Cost: \$100.



OPEN HEART STUDIO 2-PART WORKSHOP

Sat. June 15 & 22 | 9:00am-11:30am | HeartLight Center

This 2-part creative and social workshop invites participants to explore grief through use of various art activities, this time with mosaic. No prior art experience required. Cost: \$50, includes supplies.



WALKING WITH GRIEF – A MINDFULNESS WALK

Sat June 20 and Thurs June 29 | 10:00am-11:30am | HeartLight Center Gardens

In partnership with Celtic Way, join us for a mindfulness walk that honors ourselves, our connection with nature and with our grief. Join for one or both walks!



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VIRTUAL PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

LOSS OF A PARENT(S)

Upcoming dates: Mon. Apr 1, May 6, June 3 | 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. Apr 3, May 1, June 5 | 4pm dates: Tues. Apr 16, *May 20, June 18

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. Apr 10, May 8, June 12 | 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. Apr 11, May 9, June 13 | 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. Apr 4, May 2, June 6 | 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. Apr 8, May 13, June 10 | 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.

SURVIVORS OF SUBSTANCE LOSS SUPPORT GROUP

Upcoming Dates: Thurs. Apr 25, May 23, June 27 | 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. Apr 23, May 28, June 25 | 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. Apr 15, May 20, June 17 | 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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VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:

FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

Open to all types of loss:

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

June Dates- Open to all: Thurs Jun 6, 13, 20 & 27| 4pm(PT)/5pm(MST)/6pm(CT)/7pm(EST)

For Return to Nature Funeral Home and Apollo Funeral & Cremation Services Families:

April dates- Mon. Apr 22, 29, May 6 & 11 | 11am PT / 12pm (MST) / 1pm (CT) / 2pm (EST)



SEMINARS:

FIRST STEPS

Upcoming Dates: Apr 11, Apr 25, May 9, May 23, June 13, June 27

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.



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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. 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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