



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



3-Month Calendar – March-May 2024

Register online at heartlightcenter.org/events-calendar or contact us 720.748.9908 or info@heartlightcenter.org

Upcoming Special Events

Educational Signature Series – Virtual

Matthew Griffin Presentation: The Treasure in the Trauma

Date: Tuesday, April 9th **Time:** 8-10am (PT)/ 9-11am (MST)/ 10-12pm (CT)/ 11-1pm (EST)

location: Zoom

A program for grief and end of life care professionals, as well as anyone in the community who has experienced a loss or is supporting a griever.

In this presentation, Matt will explore the idea that even in the midst of our most difficult experiences, there is often a hidden treasure waiting to be discovered. Trauma can take many forms. It can leave us lost, broken and alone. But what if we could shift our perspective and see trauma as an opportunity for growth and transformation? What if we could turn the pain into progress?

A father, a former Navy Search and Rescue Swimmer, law enforcement officer, an undercover cop who spent years pretending to be someone he was not, Matt decided he had nothing left to offer his ex-wife, his family, his friends, or his community. But God had bigger plans - a chance phone call only hours before he decided he'd crawl into his SUV and put his gun to his head, stopped him in his tracks, and changed his life. Matt will share his personal journey of healing and how he discovered the treasure behind the trauma. He will offer practical tools and strategies that worked for him and what he learned through the research for his 4x #1 bestselling book "The Journey to Midnight."

Registration Required. Certificate of Completion provided upon request to professionals in attendance.

Upcoming VIRTUAL Grief Support Programs

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

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

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

location: Zoom

Bring your questions and get helpful information and tools for handling practical matters after a death loss – discuss financial matters, get a better understanding of what documents you'll need and how to get them, what professionals to connect with, 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 FACING THE MOURNING 4-WEEK GROUP

April dates: Mon Apr 1, 8, 15 & 22

time: 4pm (PT)/5pm (MST)/6pm (CT)/7pm (EST)

Cost: \$65 + shipping (includes a participant manual)

Anyone anywhere can join! Registration is required.

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: March 15th

start time: 10-11am (CT)/11-1pm (MST)/12-2pm (CT)/1-3pm (EST)

Location: Zoom

Dates: May 17th

start time: 10-11am (CT)/11-1pm (MST)/12-2pm (CT)/1-3pm (EST)

Location: Zoom

For professionals 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.****

MINDFULNESS PRACTICES FOR SELF-CARE

upcoming dates: Wed. April 24th

location: Zoom

start time: 3pm PT / 4pm MST / 5pm CT / 6pm ET

*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. **Suggested Donation: \$20. Space is Limited. Registration is required.***

TAKE A PAUSE... WITH HEALING LAUGHTER

upcoming dates: Thurs. May 16th

location: Zoom

start time: 3pm PT / 4pm MST / 5pm CT / 6pm ET

*Laughter, coupled with varied movement and Yogic breathing brings oxygen to our body and brain making you feel healthier and more energetic and can help when we're feeling "stuck" emotionally. No traditional yoga poses are used and no experience is required. **Suggested Donation: \$20 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: Mon. Mar 4, Apr 1, May 6

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.

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

upcoming dates: Wed. Mar 6, Apr 3, May 1

start time: 6pm PT / 7pm MST / 8pm CT / 9pm ET

upcoming dates: Tues. Mar 19, Apr 16, *May 20

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. *Please note date change for this meeting.*

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Mar 13, Apr 10, May 8

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.

SUICIDE LOSS GRIEF SUPPORT

upcoming dates: Thurs. Mar 14, Apr 11, May 9

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. Mar 7, Apr 4, May 2

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. Mar 11, Apr 8, May 13

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.

LOSS TO SUBSTANCE USE/ABUSE/OVERDOSE SUPPORT GROUP

upcoming dates: Thurs. Mar 28, Apr 25, May 23

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.*

*NEW! SUDDEN LOSS GRIEF SUPPORT GROUP

upcoming dates: Tues. Mar 26, Apr 23, May 28

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, etc). Will meet on the fourth Tuesday of the month starting in March.

***NEW! YOUNG ADULTS GRIEF SUPPORT GROUP**

upcoming dates: Mon. Mar 18, Apr 15, May 20

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

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

time: 4-5:30pm

location: Horan & McConaty Arvada

April dates: Mon. Apr 1, 8, 15 & 22

time: 5:30-7pm

location: Horan & McConaty Centennial

May dates: Mon. May 6, 13, 20 & Wed. May 29

time: 4-5:30pm

location: Horan & McConaty Lakewood

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: Mondays, Mar 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. **Space is Limited. Registration is required.**

RELATIONSHIPS AND GRIEF 4-SESSION GROUP - IN-PERSON DENVER

April dates: Tuesdays Apr 2, 9, 16 & 23

time: 10-11:30am

location: HeartLight Center

These 4 meetings will be topic-specific explorations through managing changes in relationships after a significant loss, including relationship to self, emotions, the person who died, familial and social relationships, and more.

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

Grief Support Workshops - DENVER

OPEN HEART STUDIO

upcoming date: Mar. 9th

location: HeartLight Center

time: 9am-11:30am

*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. **Space is Limited. Registration is required.***

SPRING EQUINOX SINGING BOWLS SOUND MEDITATION

upcoming dates: Sat. Mar 23rd

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. **Cost:** \$40. **Registration is required.***

EXPLORING GRIEF WITH MUSIC

upcoming dates: Wed. April 3rd

location: HeartLight Center

start time: 7-8:30pm

*Join us for an experiential workshop about the connections we make to and through music. More details to come! Suggested Donation: \$15. **Registration is required.***

PET LOSS MEMORIAL

upcoming dates: Sat. April 13th

location: HeartLight Center

start time: 11am-1pm

*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. Suggested Donation: \$15. **Registration is required.***

SPRING REMEMBRANCE CEREMONY

upcoming dates: Sat. April 27th

location: HeartLight Center

start time: 10am-12pm

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. Register on the HeartLight Center website.

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. Mar 5, Apr 2, May 7

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 1st Tuesday monthly.

LOSS OF A SPOUSE/PARTNER**upcoming dates:** Wed. Mar 13, Apr 10, May 8**upcoming dates:** Wed. Mar 27, Apr 24, May 22**location:** HeartLight Center**start time:** 4pm (MST)**start time:** 7pm (MST)

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**location:** *varies**upcoming dates:** Sat. Mar 16, Apr 20, May 18**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 water will be provided. Meets the 3rd Saturday monthly.

**Location will vary depending on the meeting and decisions made by the group.*

LOSS OF A PARENT(S)**location:** HeartLight Center**upcoming dates:** Wed. Mar 20, Apr 17, May 15**start time:** 7pm MST

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**location:** Highlands Church (1700 S Grant St)**upcoming dates:** Thurs. Mar 7, Apr 4, May 2**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 1st Thursday monthly.

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE**location:** HeartLight Center**upcoming dates:** Tues. Mar 19, Apr 16, May 21**start time:** 6pm (MST)

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

SUICIDE LOSS GRIEF SUPPORT**location:** HeartLight Center**Upcoming dates:** Mon. Mar 25, Apr 22, May 27**start time:** 4pm (MST)

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

LOSS OF A CHILD SUPPORT**location:** HeartLight Center**upcoming dates:** Thurs. Mar 21, Apr 18, May 16**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**location:** HeartLight Center**upcoming dates:** Thurs. Mar 28, Apr 25, May 30**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.

BEREAVED SIBLINGS SUPPORT GROUP**location:** HeartLight Center**upcoming dates:** Thurs. Mar 7, Apr 4, May 2**start time:** 4:30pm-6pm (MST)

This group is designed for adult individuals who are grieving the loss of a sibling. Starting December 2023. Meets on the 1st Thursday of the month at 4:30pm at HeartLight.

TRANSFORMING AFTER SUICIDE LOSS**location:** HeartLight Center**upcoming dates:** Mon. Mar 11, Apr 8, May 13**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. 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**start time:** 7-8:30pm MST

*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.*



Upcoming WESTERN SLOPE Grief Support Programs

Ongoing Monthly Grief Support Groups – WESTERN SLOPE

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

LOSS OF SPOUSE/PARTNER POTLUCK

upcoming dates: Wed. Mar 20, Apr 17, May 15

*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. **RSVP on our website!***

location: Brown's Funeral Home, Grand Junction

start time: 6pm (MST)

COMFORT FOOD, COMFORTING HEARTS POTLUCK

upcoming dates: Wed. Mar 13, Apr 10, May 8

*A monthly dinner gathering to connect with other adults who have experienced the loss of a special person in their life. Please bring a simple dish to share! Table settings and beverages provided. Meets the 2nd Wednesday of the month in partnership with HopeWest. **RSVP on our website!***

location: HopeWest Delta Office

start time: 11-12:30pm (MST)

GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

upcoming dates: Thurs. Mar 28, Apr 25, May 30

Open to anyone who has experienced a death loss. Meets on the last Thursday of the month at 6pm in Grand Junction.

location: Brown's Funeral Home, Grand Junction

start time: 6pm (MST)

NEW! YOUNG LOSS OF A SPOUSE/PARTNER GROUP

upcoming dates: Thurs. Mar 21, Apr 16, May 16

An ongoing peer support group for adults 50 and under who have lost a spouse, partner, or significant other recently or years ago. This group is helpful for those who are also navigating parenting children at home or working while navigating grief. This group meets on the 3rd Thursday of the month at 6pm starting in March in Delta.

location: CB's Tavern - Delta

start time: 6pm (MST)

Upcoming NEW MEXICO Grief Support Programs

Grief Support Special Events – NEW MEXICO

COMFORT FOOD DINNER

upcoming dates: Thurs, March 21st

*We will serve comforting food and create a space for sharing experiences, meals, and beverages. Through the act of sharing a meal, we aim to nourish both our bodies and hearts with mutual support. This gathering is for adults 18+ who have experienced the loss of a loved one or are navigating serious illness and anticipatory grief. **RSVP on the HeartLight Center website.***

location: Bosque Trails Hospice

start time: 5:30-7:30pm

NEW BEGINNINGS SPRING REMEMBRANCE EVENT

Date: April 28 1-2:30pm

Date: May 14 5:30-7pm

Date: May 15 5:30-7pm

Date: May 16 5:30-7pm

We welcome you to bring family and friends, as well as a picture and/or a special possession of your loved one for display during the event. Followed by time for community fellowship and creative activities to honor your personal growth and healing. Refreshments will be served.

location: DeVargas Espanola

location: Daniels Family Funerals Sara Rd

location: Gabaldon

location: Daniels Family Funerals Wyoming

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. Mar 4, Apr 1, May 6

For those who have experienced the death of a spouse, partner or significant other. Meets on the 1st Monday of the month.

location: Daniels Family Funerals – Wyoming Chapel

start time: 5:30pm (MST)

LGBTQ+ GRIEF SUPPORT GROUP

upcoming dates: Wed. Mar 6, Apr 3, May 1

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 1st Wednesday of the month 5:30-7pm.

location: UrbanMama505 Kombuchery

start time: 5:30pm (MST)

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

upcoming dates: Wed. *Mar 12, Apr 10, May 8

location: Daniels Family Funerals – Carlisle

start time: 4:30-6pm

*For those who have experienced a sudden/traumatic loss, including incidents of accident, medical, or violent events. Meets on the 2nd Wednesday of the month 4:30-6pm. *Please note March's meeting date has been adjusted.*

Ways to Support HeartLight Center

Upcoming Fundraising Events – Save the Date!

HOOK, SLICE HEARTLIGHT! SECOND ANNUAL GOLF TOURNAMENT

Date: Monday, June 3rd, 2024

Location: The Club at Pradera

Join us for a day of golf, prizes, and fun at The Club at Pradera!

This 4-Player scramble helps HeartLight Center continue to support bereaved individuals in our community by providing specialized programming, support groups, workshops and special presentations to help grievors find support and connection on their journey toward healing.

Check-in Time: 7:30am

Shotgun Start: 9am

Price per person: \$225

Includes: Breakfast, Greens Fees, Card, Range Balls, Contests, Prizes and Lunch!

***Please Note: Single entries are subject to availability and complete foursomes.*

Tickets and more information available on our website:

<https://heartlightcenter.ejoinme.org/MyEvents/2024HookSliceHeartLight/tabid/1399320/Default.aspx>



For more information email info@heartlightcenter.org or call 720.748.9908

For questions or to be added to our email mailing list email info@heartlightcenter.org