



3-Month Calendar – April-June 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: Apr 11, Apr 25, May 9, May 23, June 13, June 27 **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)

June dates: Thurs June 6, 13, 20 & 27

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: 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. Apr 1, May 6, June 3

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. Apr 3, May 1, June 5

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

upcoming dates: Tues. Apr 16, *May 20, June 18

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. Apr 10, May 8, June 12

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. Apr 11, May 9, June 13

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. Apr 4, May 2, June 6

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. Apr 8, May 13, June 10

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. Meets the second Monday monthly.

SURVIVORS OF SUBSTANCE LOSS GRIEF SUPPORT GROUP

upcoming dates: Thurs. Apr 25, May 23, June 27

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. *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. Apr 23, May 28, June 25

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. Apr 15, May 20, June 17

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

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 PROGRAM IN-PERSON

April dates: Tues, June 11, June 18, June 25, July 2, July 9, and July 16 **time:** 10-11:30am **location:** HeartLight Center

The days, weeks, and months following the loss of a spouse or partner may be filled with many unexpected and challenging struggles. Within the first year, these may seem impossible to cope with. In this group, you will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose, including reflections and activities between sessions.

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

Grief Support Workshops - DENVER

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.

INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

upcoming date: Sat. June 1st

location: HeartLight Center

time: 4-6pm

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

HEALING WITH HORSES

upcoming dates: Sat. June 1, 29, July 20, or Sept 7

location: Lyons, Colorado

start time: 10am-4pm

*Join us to let the healing power of horses help you as we slow down, reflect, and have some fun together. Come with an open mind and heart and discover what the horses have for you at this stage of your grief journey. In partnership with Dancing Spirit Equine Facilitated Learning and Coaching, LLC and TRU Community Care. **Cost: \$100. Registration is required on the TRU website.***

OPEN HEART STUDIO 2-PART WORKSHOP

upcoming dates: Sat. June 15 & 22

location: HeartLight Center

start time: 9am-11:30am

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

WALKING WITH GRIEF – A MINDFULNESS WALK

upcoming dates: Sat June 20 and Thurs June 29

location: HeartLight Center Gardens

start time: 10am-11:30am

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

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. Apr 2, May 7, June 4

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.

Ongoing Monthly Grief Support Groups - DENVER

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Apr 10, May 8, June 12

upcoming dates: Wed. Apr 24, May 22, June 26

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.

location: HeartLight Center

start time: 4pm (MST)

start time: 7pm (MST)

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

upcoming dates: Sat. Apr 20, May 18, June 15

location: *varies

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)

upcoming dates: Wed. Apr 17, May 15, June 19

location: HeartLight Center

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

upcoming dates: Thurs. Apr 4, May 2, June 6

location: Highlands Church (1700 S Grant St)

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

upcoming dates: Tues. Apr 16, May 21, June 18

location: HeartLight Center

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

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

location: HeartLight Center

start time: 4pm (MST)

*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

location: HeartLight Center

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

upcoming dates: Thurs. Apr 25, May 30, June 27

location: HeartLight Center

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

upcoming dates: Thurs. Apr 4, May 2, June 6

location: HeartLight Center

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

upcoming dates: Mon. Apr 8, May 13, *June 10

location: HeartLight Center

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 including a quarterly potluck. Meets on the second Monday monthly. *Potluck Gathering.*

SURVIVORS OF SUBSTANCE LOSS GRIEF SUPPORT GROUP

upcoming dates: Mon. Apr 15, May 20, June 17

location: HeartLight Center

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

Weekly Support Groups – Western Slope

IN-PERSON DELTA FACING THE MOURNING 4-WEEK GROUP

May dates: Tuesdays, May 7, 14, 21, & 28

time: 6-7:30pm

location: Taylor's Funeral Home

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.

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. Apr 17, May 15, June 19

location: Brown's Funeral Home, Grand Junction

start time: 6pm (MST)

*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!***

COMFORT FOOD, COMFORTING HEARTS POTLUCK

upcoming dates: Wed. Apr 10, May 8, June 12

location: HopeWest Delta Office

start time: 11am (MST)

*A monthly dinner gathering to connect with other adults who have experienced the loss of a special person in their life. Please bring a dish to share! Registration strongly encouraged to ensure that all who attend can share in the meal. Table settings and beverages will be provided. Meets the second Wednesday of the month in partnership with HopeWest. **RSVP on our website!***

GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

upcoming dates: Thurs. Apr 25, May 30, June 27

location: Brown's Funeral Home, Grand Junction

start time: 6pm (MST)

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

NEW! YOUNG LOSS OF A SPOUSE/PARTNER GROUP

upcoming dates: Thurs. Apr 18, May 16, June 20

location: CB's Tavern - Delta

start time: 6pm (MST)

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.

Upcoming NEW MEXICO Grief Support Programs

Grief Support Special Events – NEW MEXICO

NEW BEGINNINGS SPRING REMEMBRANCE EVENT

Date: April 28 1-2:30pm

location: DeVargas Espanola

Date: May 14 5:30-7pm

location: Daniels Family Funerals Sara Rd

Date: May 15 5:30-7pm

location: Gabaldon

Date: May 16 5:30-7pm

location: Daniels Family Funerals Wyoming

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.

GUIDING LIGHTS LUNCHEON

Date: May 3 12:00m-2:30pm

location: Daniels – Wyoming Chapel

In this program we will honor our community's spiritual and religious caregivers for the National Day of Prayer. This special event aims to celebrate the invaluable role of spiritual caregivers in supporting those facing grief and loss and foster a dialogue among grief support professionals, clergy, and chaplains, and spiritual counselors. Together, we will discover new pathways for collaboration and support, ensuring that no one in our community walks their grief journey alone.

Weekly Support Groups – NEW MEXICO

IN-PERSON DENVER FACING THE MOURNING 4-WEEK GROUP

May dates: May 28, June 4, June 11, June 17

time: 5:30-7:00pm

location: Daniels Family Funerals – Wyoming Chapel

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.

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. Apr 1, May 6, June 3

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. Apr 3, May 1, June 5

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

location: UrbanMama505 Kombuchery

start time: 5:30pm (MST)

SUDDEN & TRAUMATIC LOSS GROUP

upcoming dates: Wed. Apr 10, May 8, June 12

*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. *This is a short-term time change for May and June 2024*

location: Daniels Family Funerals – Carlisle

start time: *5:30-7pm

Ways to Support HeartLight Center

Upcoming Fundraising Events

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 grievers 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!

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