

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. May 7, June 4, July 2 | 7 PM

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: Wed. May 8, June 12, July 10 | 4 PM

Wed. May 22, June 26, July 24 | 7 PM

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. May 18, June 15, July 20 | 5 PM

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. May 15, June 19, July 17 | 7 PM

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. May 2, June 6 | 7 PM

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). *No meeting in July due to holiday.

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

Upcoming dates: Tues. May 21, June 18, July 16 | 6 PM

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. *May 20, June 24, July 22 | 4 PM

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. May 16, June 20, July 18 | 6 PM

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

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



IN- PERSON PROGRAMS CONT. MONTHLY GRIEF SUPPORT GROUPS

GROWING THROUGH GRIEF

Upcoming dates: Thurs. May 30, June 27, July 25 | 4 PM

Open to anyone who has experienced a death loss. Meets on the last Thursday monthly.

BEREAVED SIBLINGS SUPPORT GROUP

Upcoming dates: Thurs. May 2, June 6, *July 11 | 4:30 PM

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

TRANSFORMING AFTER SUICIDE LOSS

Upcoming dates: Mon. May 13, *June 10, July 8 | 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. May 20, June 17, July 15 | 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 monthly. *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.

May dates: Mon. May 6, 13, 20 & Wed. May 29 | 4-5:30 PM

Location: Horan & McConaty Lakewood 3101 S Wadsworth Blvd, Lakewood, CO 80227

July dates: Tues. July 9, 16, 23 and 30 | 4-5:30 PM

Location: HeartLight Center

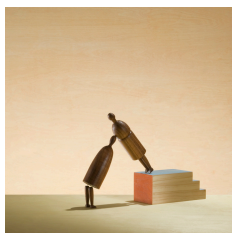


New Beginnings 6 Week Group

Dates: Tues, Jun 11, Jun 18, Jun 25, Jul 2, Jul 9, and Jul 16 | 10-11:30 AM | 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



Relationships and Grief 4-Week Group

Dates: Weds. July 10, 17, 24, 31 | 10-11:30 AM | HeartLight Center

Join us for this meaningful 4-week group that will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves.

Cost: \$40



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IN- PERSON PROGRAMS CONT. SPECIAL GRIEF WORKSHOPS:



INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

June 1st | 4:00pm-6:00 PM | 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 | 10:00 AM-4:00 PM | Colorado

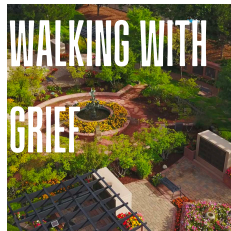
Come with an open mind and heart and discover what the horses have for you at this stage of your grief journey. Offered in partnership with TRU Community Care at private ranches in Boulder and Lyons. Cost: \$100.



OPEN HEART STUDIO 2-PART WORKSHOP

Sat. June 15 & 22 | 9:00-11:30 AM | 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 | 10:00-11:30 AM | 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. May 6, June 3, July 1 | 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

Upcoming Events: Wed. May 1, June 5, July 3 | 6pm PT / 7pm MST / 8pm CT / 9pm ET

*May 20, June 18, July 16 | 3pm PT / 4pm MST / 6pm CT / 6pm ET

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. May 8, June 12, July 10 | 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. May 9, June 13, July 11 | 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. May 2, June 6, *July 11 | 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. May 13, June 10, July 8 | 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. May 23, June 27, July 25 | 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.

SUDDEN LOSS GRIEF SUPPORT GROUP

Upcoming dates: Tues. May 28, June 25, July 23 | 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.

YOUNG ADULTS GRIEF SUPPORT GROUP

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



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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.

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



SEMINARS:



FIRST STEPS

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

Upcoming Dates: May 9, May 23, June 13, June 27, July 11
Start Time: 5pm PT/ 6pm MST/ 7pm CT/ 8pm EST



SPECIAL GRIEF WORKSHOPS:

Take a
Pause...
with Healing
Laughter

TAKE A PAUSE... WITH HEALING LAUGHTER

Thurs, May 16th | 3pm PT/ 4pm MST/ 5pm CT/ 6pm 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.



GRIEVING THROUGH WRITING



GRIEVING THROUGH WRITING

Sat. July 13th | 9am PT / 10am MST / 11am CT / 12pm ET | On Zoom

Join us for a two-hour workshop writing your grief. We will talk about journal writing, haiku, and poetry, and hear how others have written about their grief. Participants will get a grief journal, and will have opportunities to write and share in community. Led by Rev. Dr. Nancy Niero, former hospice chaplain and bereavement coordinator with 15 years of hospice experience. Cost: \$20



GOAL SETTING IN THE NEW YEAR: A MID-YEAR CHECK-IN

Sat. July 27th | 8:30am PT /9:30am MST /10:30am CT /11:30am ET | On Zoom

A follow-up from the "Goal Setting in the New Year" workshop, this virtual workshop is a way to get some support and check-in intentionally with our goals and self-care needs. We will discuss progress and self-compassion, coping strategies and self-care needs, and check-in with ourselves, our goals and each other.



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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.



A PAUSE PANEL- CULTURAL DIVERSITY IN GRIEF: PRESENTATIONS FOR PROFESSIONALS AND THE COMMUNITY

August 20 | 8-10am PT/ 9-11am MST/ 10-12pm CT/ 11-1pm EST | On Zoom

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 - HOW TO SUPPORT GRIEVING CHILDREN:

TBA

The mission of Judi's House is to help children and families grieving a death find connection and healing. Presentation details TBA.

UPCOMING EDUCATION:



TALK SAVES LIVES - SUICIDE PREVENTION TRAINING:

June 7th | 8:30-10:00 AM | HeartLight Center

Talk Saves Lives is American Foundation for Suicide Prevention's education program that provides participants with a clear understanding of suicide prevention, up to date research, and what you can do in your community to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

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 or July 19th
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: HeartLight Academic Articles

- Book List
- Podcasts
- Websites
- Videos
- 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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