

# Western-Slope 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:

### LOSS OF SPOUSE POTLUCK

Upcoming dates: Wed. May 15, June 19, July 17 | 6 PM

Location: Brown's Funeral Service - 904 N. 7th St. Grand Junction, CO 81501

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. May 8, June 12, July 10 | 11:00 AM

Location: HopeWest Delta Office - 195 Stanford Lane, Delta CO 81416

Offering comfort amid loss through the sharing of experiences, food, and beverages. Open to all adults who have experienced the loss of a loved one to connect for a hybrid meal gathering and grief support group. Meets the 2nd Wednesday monthly. RSVP on our website! In partnership with HopeWest.

### GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

Upcoming dates: Thurs. May 30, June 27, July 25 | 6 PM

Location: Brown's Funeral Service - 904 N. 7th St. Grand Junction, CO 81501

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

### YOUNG LOSS OF A SPOUSE/PARTNER GROUP

Upcoming dates: Thurs. May 16, June 20, July 18 | 6 PM

Location: The location is TBA. More details to come!

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. Meets on the 3rd Thursday of the month.

## SPECIAL GRIEF WORKSHOPS:

### POETRY WRITING WORKSHOP

Tues. June 11th | 6:00-8:00 PM | Taylor's Funeral Home, Delta

Poetry can be an excellent way for us to express ourselves during any time of our lives. It offers us a way to put what we are feeling, when it makes little sense, into something tangible. It's a creative outlet, a processing tool, and the best part; you have so much freedom in how you choose to express yourself. Join us to learn more about how poetry can help us through grief and other difficult times in our lives and write your own poem through guided mindfulness and without judgement or critique.



720-748-9908

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Website



## IN-PERSON GROUPS CONT. - CONSISTENT WEEKLY SUPPORT:



### In-Person Delta Facing the Mourning 4-Week 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: Tuesdays, May 7, 14, 21, & 28 | 6-7:30pm | Taylor's Funeral Home



## 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 monthly and the third Tuesday monthly.

\*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



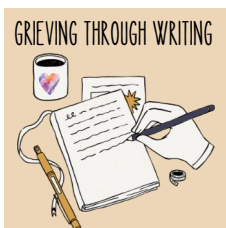
## SPECIAL GRIEF WORKSHOPS:



### TAKE A PAUSE... WITH HEALING LAUGHTER

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

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.

### 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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## COMMUNITY GROUPS

### Hope West Hospice-

Offers several support groups, to include, but not limited too:

- Drop-In Grief Support Group
- Mending Hearts 10-Week Grief Support Group
- Coffee for Men Support Group
- Caregiver Connections
- Angel Babies Support Group



Groups are open to anyone in the community, regardless of whether they had a loved one on hospice services.

To register call 970-257-2390.

To learn more about specific group offerings:  
visit <https://www.hopewestco.org/grief-support/>.

### Heartbeat Grand Junction-

Heartbeat exists to help survivors absorb the impact of the self-inflicted death, to offer comfort of empathy, understanding and to support each other toward a healthy resolution to the grief. [www.heartbeatgj.com](http://www.heartbeatgj.com)



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