



3-Month Calendar – August-October 2024

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

Ways to Support HeartLight Center

Upcoming Fundraising Events



IT'S ALL ABOUT LOVE ANNUAL GALA

Date: Sat. September 14th, 2024

Location: HeartLight Center

Please join us for a night at HeartLight featuring cocktails, premium wine selection, and heavy hors d'oeuvres. We will have our famous mystery bags, wine wall, and premium silent auction items!

Tickets and more information available on our website:

<https://heartlightcenter.ejoinme.org/MyEvents/ItsAllAboutLove2024/tabid/1420086/Default.aspx>

Upcoming Special Events

Educational Signature Series – Virtual

Alica Forneret of PAUSE Presents:

Program for Professionals: Cultural considerations for Grief in the Workplace

Date: Tuesday, August 20

Time: 8-10am (PT)/ 9-11am (MST)/ 10-12pm (CT)/ 11-1pm (EST)

location: Zoom

A special presentation for Hospice Professionals, Clergy, Law Enforcement, First Responders, Victim's Advocates, Therapists/Counselors, Volunteers, Companions, Death Doulas, Death Care Professionals.

We will cover how workplaces can better support their employees who are People of Color navigating death, dying, and grief.

Together, we will explore how race and culture can influence the type of support workplaces can offer to their employees.

Attendees should be prepared to engage in individual exercises to examine their own identity and how it's impacted their personal grief experience in the workplace, as well as small group work and large group discussions to center storytelling and resourcing from community. Attendees will walk away with practical ideas for expanding their approach to making culturally-relevant referrals outside of the typical bereavement response, as well as a customized list of grief and end-of-life resources by and for People of Color. **Registration Required. Certificate of Completion provided upon request to providers in attendance.**

PAUSE Discussion Panel:

Program for the Community: How Who We Are Impacts How We Grieve

Date: Tuesday, August 20

Time: 3-4:30pm (PT)/ 4-5:30pm (MST)/ 5-6:30pm (CT)/ 6-7:30pm (EST) **location:** Zoom

A program for anyone in the community who has experienced a loss or is supporting a griever personally or professionally.

In this 1.5-hour panel discussion, attendees will meet Charlene Lam (The Grief Gallery), Dr. Julie Shaw (Hello I'm Grieving), and Mangda Sengvanhpheng (BACII) – three grief-focused professionals who bring unique approaches to their work serving grieving folks.

In this conversation, they'll share about their individual journeys, discuss the connections between culture, identity, and creativity, and talk about why it can be important to look outside of traditional grief support containers to receive more expansive and holistic care. Our time together will include a Q&A with the panelists. **Registration Required. Certificate of Completion provided upon request to individuals in attendance.**

HeartLight Hosts: CONVERSATIONS ABOUT DEATH - Denver

“How Do I Navigate Death and Dying?” Let’s Have That Conversation!

Date: Saturday, September 28

Time: 9am-12:30pm

Location: HeartLight Center

Join us to learn more about navigating the end of life – whether you are seeking guidance for yourself, offering support to a loved one or friend, or simply looking to broaden your understanding. Bringing their years of experience as hospice team members, keynote speakers Gabby Jimenez (The Hospice Heart) and Lisa Pahl (The Death Deck) will help you to better understand the role of hospice, share numerous tools and tips, and address the importance of having conversations with the people you love. Diane Hullet (Best Life Best Death) and Rhea Mader (Conscious Living, Conscious Dying) will share reflective exercises and guide our Q and A around this, often taboo, topic. You will leave with a workbook of resources and a better understanding of your own options and values. Register on the HeartLight Center website. **Cost: \$20.**

HeartLight Hosts: AFSP Talk Saves Lives Training - Denver

Talk Saves Lives Training - AFSP

Date: Friday, Sept 27

Time: 10-11:30am

Location: HeartLight Center

Talk Saves Lives is the 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.

Registration is required on the AFSP website <https://afspco-tsl-heartlight.attendase.com/>

Join our Team for the AFSP Out of the Darkness Walk

Join a team of fellow grievers and compassionate grief workers sponsored by HeartLight Center, Horan & McConaty and Park Lawn Corporation for the annual American Foundation of Suicide Prevention - Out of the Darkness Community Walk as we take steps to shine a light on healing, hope, and mental health awareness. Anyone who is grieving or works in the grief field is welcome.

NEW MEXICO WALK

location: Albuquerque Civic Plaza, Albuquerque, NM

Date: Sat. Sept. 14

start time: 9am (check-in, team meet up),10:00am (walk start time)

For more information, contact Genna greeves@heartlightcenter.org

DENVER TEAM

location: Berkeley Lake Park, Denver, CO

Date: Sat. Sept. 14

start time: 9am (check-in, team meet up),10:15am (walk start time)

Register for the team by contacting Allison Gary at allison@heartlightcenter.org or online:

<https://supporting.afsp.org/team/HoranMcConatyHeartlightCenter>

Upcoming VIRTUAL Grief Support Programs

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

Upcoming Dates: August 7 & 28, Sept 18, Oct 9

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

**Seminar dates may vary*

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 Grief Support Groups - VIRTUAL

VIRTUAL FACING THE MOURNING 4-WEEK GROUP

August dates: Thurs. Aug 1, 8, 15 & 22

time: 10-11:30am (PT)/11-12:30pm (MST)/12-1:30pm (CT)/1-2:30pm (EST)

October dates: Thurs. Oct 3, 10, 17 & 24

time: 10-11:30am (PT)/11-12:30pm (MST)/12-1:30pm (CT)/1-2:30pm (EST)

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

An interactive support group designed to help with the grieving process by using visual and thought-provoking tools.

Registration is required. Anyone anywhere can join!

Facing the Mourning Facilitator Training - VIRTUAL

Date: Fri. Sept 20

start time: 10-12pm (PT)/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.****

SELF-CARE AFTER HOMICIDE LOSS

upcoming dates: Wed. Sept 25 **start time:** 3-4:30pm(PT)/4-5:30pm(MST)/5-6:30pm(CT)/6-7:30(EST)

A workshop designed specifically for adult individuals who have experienced a loss due to homicide. Learn self-care techniques and activities that help with regulation and taking care of you during your grief journey with this unique loss.

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

CONTINUING BONDS

upcoming dates: Tues. Oct 29 **start time:** 5-7pm (PT)/ 6-8pm (MST)/ 7-9pm (CT)/ 8-10pm (EST)

*Join Ariela HaLevi, Shamanic Energy Healer, as we explore the healing journey to connect to the spark of your loved one and reignite the spark inside of you. This workshop provides a holistic approach to connecting to your loved ones on the other side as you journey through loss. **Cost: \$50. 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. Aug 5, Oct 7 **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.

**No meeting in September due to the Labor Day holiday.*

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

upcoming dates: Wed. Aug 7, Sept 4, Oct 2 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

upcoming dates: Tues. Aug 20, Sept 17, Oct 15 **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.

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Aug 14, Sept 11, Oct 9 **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. Aug 8, Sept 12, Oct 10 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

For those who have experienced a loss to suicide. Meets the second Thursday monthly.

LGBTQ+ GRIEF SUPPORT GROUP

upcoming dates: Mon. Aug 12, Sept 9, Oct 14 **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. This group meets the second Monday monthly.

LOSS TO SUBSTANCE USE GRIEF SUPPORT GROUP

upcoming dates: Thurs. Aug 22, Sept 26, Oct 24 **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 meets on the fourth Thursday of the month. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.*

SUDDEN LOSS GRIEF SUPPORT GROUP

upcoming dates: Tues. Aug 27, Sept 24, Oct 22 **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). This group meets on the fourth Tuesday of the month.

YOUNG ADULTS GRIEF SUPPORT GROUP

upcoming dates: Mon. Aug 19, Sept 16, Oct 21 **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. This group meets on the third Monday of the month.

Upcoming DENVER Grief Support Programs

Weekly Support Groups - DENVER

FACING THE MOURNING 4-WEEK GROUP

Aug dates: Mon. Aug 5, 12, 19 & 26

time: 5:30-7pm

location: Horan & McConaty Centennial

Fall dates: Mon. Aug 26, Tues Sept 3, Mon Sept 9 & 16

time: 4-5:30pm

location: Horan & McConaty Lakewood

Sept. dates: Tues. Sept 10, 17, 24 and Oct 1

time: 4-5:30pm

location: HeartLight Center

Oct. dates: Sat. Oct 19, 26, Nov 2 & 9

time: 1-2:30pm

location: HeartLight Center

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.

LEGACIES OF LOSS 6-WEEK GROUP

Dates: Wed. Aug 28, Sept 4, 11, 18, 25 & Oct 2

time: 10-11:30am

location: HeartLight Center

*For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. **Cost \$60**, includes materials. **Space is Limited. Registration is required.***

NEW BEGINNINGS 6-WEEK GROUP

Dates: Mon. Oct 14, 21, 28, Nov 4, 11 & 18

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 \$60, includes materials. **Space is Limited. Registration is required.**

Grief Support Workshops - DENVER

HEALING WITH HORSES

upcoming dates: Sat. *Aug 24 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. *New Date***

END-OF-LIFE, GRIEF AND LOSS WITH ESSENTIAL OILS

upcoming dates: Sat. Aug 10

location: HeartLight Center

start time: 10am-12pm

*Join us for a two-hour workshop on using essential oils as anointing care in death and dying, as well as grief and loss support. Led by Rev. Dr. Nancy Niero, community herbalist and former hospice chaplain, participants will sample sprays, body butters, salves, burn incense, drink an herbal tea blend made for grief support, and make an anointing oil just for them. **Cost: \$40. Registration required.***

HEALING IN NATURE – FINDING YOURSELF AFTER LOSS

upcoming dates: Sun. Aug 25

location: Botanic Gardens – York Street, Denver

start time: 4pm-6pm

*This 2-hour sequence of nature connection activities invite you to engage with nature. Spending time in a few areas, we move at a relaxed, mindful pace. At times you are alone and other times with others. Sitting. Walking. Being with nature. Reflective activities. **Cost: Cost of Admission at Denver Botanic Gardens. Registration Required.***

SELF-CARE WITH SINGING BOWLS

upcoming dates: Sat. Oct 5

location: HeartLight Center

start time: 10am-11:30am

Sound Energy Practitioner, Ann Martin, teaches modern ways to clear the mind and relax the body using Himalayan singing bowls. In this "hands on" class, you'll learn 3 different ways to play the Himalayan bowls, 24 unique meditations, how to actively receive the healing sounds and vibrations, and much more. (Singing bowls are provided but if you have one, bring it!)

Cost: \$40, due at time of registration. **Space is limited, registration is required. Unable to accept walk-ins.**

Register with Ann: <https://mile-high-healing-vibe.square.site/product/-self-care-with-singing-bowls-class-at-heartlight/97?cs=true&cst=custom>

INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

upcoming date: Sat. Oct 12

location: HeartLight Center

time: 10-11:30am

*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. Space is Limited. Registration is required. Unable to accept walk-ins.***

THE HEALING POWER OF CRYSTALS

upcoming date: Sat. Oct 19

location: HeartLight Center

time: 10-11:30am

*Crystals and gemstones can help provide a sense of connection and grounding, which may help us when we are coping with a wide variety of emotions and experiences. In this workshop we will explore the healing nature of various stones, and participate in an activity to create a small gemstone jar of your own. **Cost: \$20. Space is Limited. 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. Aug 6, Sept 3, Oct 1

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. Aug 14, Sept 11, Oct 9

location: HeartLight Center

start time: 4pm (MST)

upcoming dates: Wed. Aug 28, Sept 25, Oct 23

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. Aug 17, Sept 21, Oct 19

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. Aug 21, Sept 18, Oct 16

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. Aug 1, Sept 5, Oct 3

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. *No meeting in July due to the July 4th holiday.*

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

upcoming dates: Tues. Aug 20, Sept 17, Oct 15

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. Aug 26, Sept 23, Oct 28

location: HeartLight Center

start time: 4pm (MST)

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

LOSS OF A CHILD SUPPORT

upcoming dates: Thurs. Aug 15, Sept 19, Oct 17

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

location: HeartLight Center

upcoming dates: Thurs. Aug 29, Sept 26, Oct 31 **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. Aug 1, Sept 5, Oct 3

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. Aug 12, *Sept 9, Oct 14

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. Meets on the second Monday monthly starting.

**September date to include potluck.*

Ongoing Monthly Grief Support Groups – DENVER Cont.

SURVIVORS OF SUBSTANCE LOSS GRIEF SUPPORT GROUP

upcoming dates: Mon. Aug 19, Sept 16, Oct 21

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

Special Grief Support Events – WESTERN SLOPE

COFFEE & CONVERSATION

Upcoming Dates: Fri. Aug 16, Sept 20, Oct TBD

location: Be Sweet Café & Bakeshop

time: 10-11:30am (MST)

Join us for coffee and casual grief support group. Group is open to all adults, regardless of type of loss. No cost to attend, and food and beverage available for purchase at Be Sweet (150 W. Main St., Suite C, Grand Junction-across from Courthouse).

Weekly Grief Support Groups – WESTERN SLOPE

FACING THE MOURNING 4-WEEK GROUP

August dates: August 6, 13, 20, & 27

Cost: \$65 (includes a participant manual)

time: 6-7:30pm

location: Taylor's Funeral Home

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. Aug 21, Sept 18, Oct 16

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. Aug 14, Sept 11, Oct 9

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. Aug 29, Sept 26, Oct 31

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.

YOUNG LOSS OF A SPOUSE/PARTNER GROUP

upcoming dates: Thurs. Aug 15, Sept 19, Oct 17

location: Please contact Carrie for group location

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 in Delta.

Upcoming NEW MEXICO Grief Support Programs

Grief Support Special Events – NEW MEXICO

COMFORT FOOD DINNER

Date: Thurs. Sept 19

Time: 5:30-7:30pm

location: Bosque Trails Hospice

Come to a cozy environment and leave the dishes and worries about cooking at home. We will serve comforting food and create a space for sharing experiences, meals, and beverages. This gathering is open to all adults (18+) who have experienced the loss of a loved one – regardless of the circumstances or relationship – or are navigating serious illness and anticipatory grief. While bringing a dish is not required or expected, you are welcome to contribute if it feeds your wellbeing. In partnership with Bosque Trails Hospice. Special guest Monica Delgado Vargas, PhD and EFT (Emotional Freedom Technique) Practitioner, will provide a brief 20-minute demonstration of tapping and discuss how it can be helpful when in grief; participation in the presentation is optional.

Grief Support Special Events – NEW MEXICO Cont.

SAVE THE DATE! DIA DE LOS MUERTOS FAIR

location: Daniels-Wyoming

Upcoming Dates & Times:

October 11 5:30-7:30pm Educational Presentation about history and traditions of Dia De Los Muertos

October 12 10am-2pm Dia De Los Muertos Fair

This family-friendly educational and celebratory event hosted by Daniels Family Funerals, in partnership with HeartLight Center, will feature educational presentations about Dia De Los Muertos, food trucks, artists, crafts, music, local grief authors, face painting, the Daniels' unique Harley Davidson funeral coach, quiet space to remember your loved ones, and more. Come learn about cultural traditions, celebrate life, and connect with our community.

Weekly Grief Support Groups – NEW MEXICO

IN-PERSON FACING THE MOURNING 4-WEEK GROUP

Fall dates: September 10, 16, 24, October 1

time: 5:30-7pm

location: Daniels-Wyoming

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. Aug 5, *Sept 3, Oct 7

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

**Please note the date adjustment for the September meeting due to the Labor Day holiday.*

location: Daniels Family Funeral Services – Wyoming Chapel

start time: 5:30pm (MST)

SUDDEN & TRAUMATIC LOSS GROUP

upcoming dates: Wed. Aug 14, Sept 11, Oct 9

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.

location: Daniels Family Funeral Services – Southern

start time: 5:30-7pm

NEW! GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

upcoming dates: Wed. Aug 7, Sept 4, Oct 2

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 starting July 2024.

location: UrbanMama505 Kombuchery

start time: 6pm MST



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