

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. Aug 6, Sept 3, Oct 1 | 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. Aug 14, Sept 11, Oct 9 | 4 PM

Wed. Aug 28, Sept 25, Oct 23 | 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. Aug 17, Sept 21, Oct 19 | 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. Aug 21, Sept 18, Oct 16 | 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. Aug 1, Sept 5, Oct 3 | 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).

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

Upcoming dates: Tues. Aug 20, Sept 17, Oct 15 | 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. Aug 26, Sept 23, Oct 28 | 4 PM

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 | 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.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website



IN - PERSON PROGRAMS CONT. MONTHLY GRIEF SUPPORT GROUPS

GROWING THROUGH GRIEF

Upcoming dates: Thurs. Aug 29, Sept 26, Oct 31 | 4 PM

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

BEREAVED SIBLINGS SUPPORT GROUP

Upcoming dates: Thurs. Aug 1, Sept 5, Oct 3 | 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. Aug 12, *Sept 9, Oct 14 | 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. *Sept meeting will include a potluck.

SURVIVORS OF SUBSTANCE LOSS SUPPORT GROUP

Upcoming dates: Mon. Aug 19, Sept 16, Oct 21 | 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 includes materials.

Sept dates: Aug 26, Sept 3, 8 & 16 | 4-5:30 PM | Horan & McConaty Lakewood

Sept dates: Mon. 9, 16, 23, & 30 | 5:30-7 PM | Horan & McConaty Centennial

Sept. dates: Tues. Sept 10, 17, 24 and Oct 1 | 4-5:30 PM | HeartLight Center

Oct. dates: Sat. Oct 19, 26, Nov 2 & 9 | 1-2:30 PM | HeartLight Center



Legacies of Loss 6-Week Group

Dates: Wed. Aug 28, Sept 4, 11, 18, 25 & Oct 2 | 10-11:30 AM | 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.



New Beginnings 6 Week Group

Dates: Mon. Oct 14, 21, 28, Nov 4, 11 & 18 | 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 \$60, includes materials.



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IN- PERSON PROGRAMS CONT- SPECIAL GRIEF WORKSHOPS:



HEALING WITH HORSES

Sat. Aug 24, Sept 7 | 10:00 AM-4:00 PM | Colorado

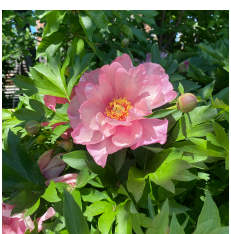
Come with an open mind and heart and discover what the horses have for you at this stage of your grief journey. Offered in partnership with TRU Community Care at private ranches in Boulder and Lyons. Cost: \$100.



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

Sat. August 10th | 10:00-12:00 PM | HeartLight Center

Learn about using essential oils as anointing care in death and dying, as well as grief and loss support. Led by Rev. Dr. Nancy Niero, former hospice chaplain. Participants will sample sprays, body butters, salves, burn incense, drink a herbal tea blend made for grief support, and make an anointing oil just for them. Cost: \$40



HEALING IN NATURE – FINDING YOURSELF AFTER LOSS

Sun. August 25th | 4:00-6:00 PM | Botanic Gardens – York Street, Denver

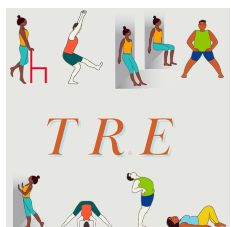
This 2-hour sequence of nature connection activities invite you to engage with nature. Spending time in a few areas, we move at a relaxed, mindful pace. At times you are alone and other times with others. Sitting. Walking. Being with nature. Reflective activities. Cost: Cost of Admission at Denver Botanic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



SELF-CARE WITH SINGING BOWLS

Sat. Oct 5 | 10-11:30 AM | HeartLight Center

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. Cost: \$40



INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

Sat. Oct 12 | 10-11:30 AM | 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.



THE HEALING POWER OF CRYSTALS

Sat. Oct 19 | 10-11:30 AM | HeartLight Center

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



GRIEF CARE ON THE FARM

Wed. Oct 23 | 10-11:30 AM | Yetman Farms, Lakewood Colorado

Doing outdoor activities in nature can feel therapeutic and healing. Join us at Yetman Farms for the opportunity to embrace mindfulness in nature, with animal friends for support, and create a dried floral arrangement using nature items you will select from this beautiful urban farm's garden. Cost: \$60



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VIRTUAL PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

LOSS OF A PARENT(S)

Upcoming dates: Mon. Aug 5, Oct 7 | 6pm PT / 7pm MST / 8pm CT / 9pm ET

An ongoing support group for those who have experienced the death of a parent or adult caregiver. Meets on the first Monday monthly. *No meeting in September due to the Labor Day holiday.

GROWING THROUGH GRIEF

Upcoming Dates: Wed. Aug 7, Sept 4, Oct 2 | 6pm PT / 7pm MST / 8pm CT / 9pm ET

Tues. Aug 20, Sept 17, Oct 15 | 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).

LOSS OF SPOUSE/PARTNER

Upcoming Dates: Wed. Aug 14, Sept 11, Oct 9 | 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. Aug 8, Sept 12, Oct 10 | 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 | 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.

LOSS TO SUBSTANCE USE GRIEF SUPPORT GROUP

Upcoming Dates: Thurs. Aug 22, Sept 26, Oct 24 | 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. *Please note this group is not appropriate for individuals who are currently dealing with substance use

SUDDEN LOSS GRIEF SUPPORT GROUP

Upcoming dates: Tues. Aug 27, Sept 24, Oct 22 | 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. Aug 19, Sept 16, Oct 21 | 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

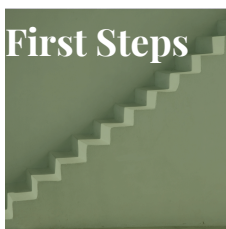
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65 plus shipping.

Aug dates: Thus. Aug 1, 8, 15 & 22 | 10am PT/11am MST/12pm CT/ 1pm EST

October dates: Thurs. Oct 3, 10, 17 & 24 | 10am PT/11am MST/12pm CT/ 1pm 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: August 7 & 28, Sept 18, Oct 9

Start Time: 5pm PT/ 6pm MST/ 7pm CT/ 8pm EST



SPECIAL GRIEF WORKSHOPS:

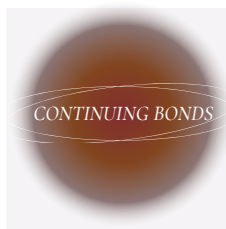


SELF-CARE AFTER HOMICIDE LOSS

Wed. Sept 25 | 3pm(PT)/4pm(MST)/5pm(CT)/6(EST) | On Zoom

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



CONTINUING BONDS

Tues. Oct 29 | 5-7pm (PT)/ 6-8pm (MST)/ 7-9pm (CT)/ 8-10pm (EST) | On Zoom

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



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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.



CULTURAL DIVERSITY IN GRIEF: PRESENTATIONS FOR PROFESSIONALS AND THE COMMUNITY

August 20th | On Zoom

Community Presentation: How Who We Are Impacts How We Grieve. Presented by a PAUSE Panel

Professional Presentation: Cultural considerations in Grief. Presented by Alica Forneret



JUDI'S HOUSE - HOW TO SUPPORT GRIEVING CHILDREN:

November 5th | On Zoom

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

UPCOMING EDUCATION:



HEARTLIGHT HOSTS: CONVERSATIONS ABOUT DEATH, "HOW DO I NAVIGATE DEATH AND DYING?" LET'S HAVE THAT CONVERSATION!

September 28th | 9-12:30 PM | 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. Cost: \$20.



TALK SAVES LIVES TRAINING - AFSP

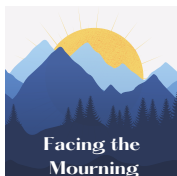
September 27th | 10-11:30 AM | HeartLight Center

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.



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: Sept. 20th

Start Time: 10am PT/ 11am MST/ 12pm CT/ 1pm ET

Cost: \$85



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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:

- Book List
- Podcasts
- Websites
- Videos

HeartLight Academic Articles

- 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



COMMUNITY EVENTS:

Join a team of fellow griever 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

Sat. Sept. 14 | 9 AM | Albuquerque Civic Plaza, Albuquerque, NM

For more information, contact Genna greeves@heartlightcenter.org

DENVER TEAM

Sat. Sept. 14 | 9 AM | Berkeley Lake Park, Denver, CO

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

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



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