

Virtual 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.



VIRTUAL PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

GROWING THROUGH GRIEF

Upcoming Dates: Wed. Oct 2, Nov 6, Dec 4 | 6pm PT / 7pm MST / 8pm CT / 9pm ET
Tues. Oct 15, Nov 19, Dec 17 | 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. Oct 9, Nov 13, Dec 11 | 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.

LOSS OF A PARENT(S)

Upcoming dates: Mon. Oct 7, Nov 4, Dec 2 | 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.

SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Thurs. Oct 10, Nov 14, Dec 12 | 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. Oct 14, Nov 11, Dec 9 | 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.

YOUNG ADULTS GRIEF SUPPORT GROUP

Upcoming dates: Mon. Oct 21, Nov 18, Dec 16 | 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.

LOSS TO SUBSTANCE USE GRIEF SUPPORT GROUP

Upcoming Dates: Thurs. Oct 24, *Nov 21, *Dec 19 | 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. *Date change due to upcoming holidays.

SUDDEN LOSS GRIEF SUPPORT GROUP

Upcoming dates: Tues. Oct 22, Nov 26, Dec *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. *Date change due to holiday.



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Website



VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:

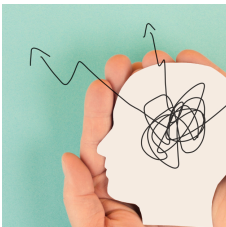


FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

Oct dates: Thurs. Oct 3, 10, 17 & 24 | 10am PT/11am MST/12pm CT/ 1pm EST

Dec dates: Mon. Dec 2, 9, 16, & 23 or 30 | 4:30pm PT/5:30pm MST/6:30pm CT/7:30pm EST



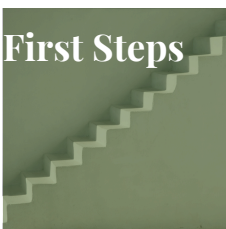
THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

Join us for a unique combination of virtual peer support and education in this closed, curriculum-based support group. We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$40.

Thurs. Nov 7, 14, 21, Dec 5, & 10 | 4:30pm PT/5:30pm MST/6:30pm CT/7:30pm EST



SEMINARS:



FIRST STEPS

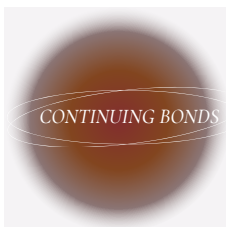
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims

Upcoming Dates: Oct 9, Nov 6, 20, Dec 4, 18

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



SPECIAL GRIEF WORKSHOPS:



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



CAREGIVER SUPPORT & MEMORIAL

Wed. Oct 30 | 3pm(PT)/4pm(MST)/5pm(CT)/6(EST) | On Zoom

Join us for a special gathering to honor the caregiving journey, process the many grief experiences unique to caregivers and the end of life for those we care for. We will pay tribute to the memory of those who have died. Suggested Donation \$15.



GRIEF & THE HOLIDAYS

Sat. Nov 2 & Sat. Dec 14

8:30am(PT) / 9:30am(MT) / 10:30am(CT) / 11:30am(ET) | On Zoom

No matter what you celebrate, it's important to know that you aren't alone during holidays. This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. Suggested Donation: \$20.



HeartLight



Website

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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.

JUDI'S HOUSE - HOW TO SUPPORT GRIEVING CHILDREN:

November 5th | 8am (PT)/ 9am (MST)/ 10pm (CT)/ 11pm (EST) | On Zoom

Healing Communities: Centering Families to Support Bereaved Youth by Judi's House
This workshop will review the role of community in facilitating grief processing with a specific focus on families. Drawing on experiences from working with families at Judi's House, a comprehensive family bereavement center in Aurora, the presentation will address the importance of bringing a systems perspective to grief work and how we can contribute to creating more grief-sensitive communities.

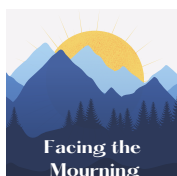


FACING THE MOURNING FACILITATOR TRAINING:

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. Nov. 15
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

Sat. Nov 2 & Sat. Dec 14
8:30am(PT) / 9:30am(MT) / 10:30am(CT) / 11:30am(ET) | On Zoom



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