

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:

LOSS OF A PARENT(S)

Upcoming dates: Mon. Oct 7, Nov 4 | 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. Sept 4, Oct 2, Nov 6 | 6pm PT / 7pm MST / 8pm CT / 9pm ET

Tues. Sept 17, Oct 15, Nov 19 | 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. Sept 11, Oct 9, Nov 13 | 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. Sept 12, Oct 10, Nov 14 | 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. Sept 9, Oct 14, Nov 11 | 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. Sept 26, Oct 24, *Nov 21 | 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 Thanksgiving Holiday.

SUDDEN LOSS GRIEF SUPPORT GROUP

Upcoming dates: Tues. Sept 24, Oct 22, Nov 26 | 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. Sept 16, Oct 21, Nov 18 | 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.



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:



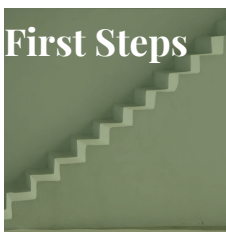
FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

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: Sept 18, Oct 9, Nov 6, 20

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



SPECIAL GRIEF WORKSHOPS:

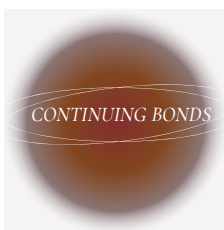


SELF-CARE AFTER HOMICIDE LOSS

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



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.



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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:

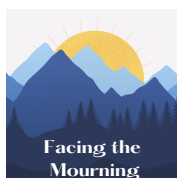
November 5th | 8am (PT)/ 9am (MST)/ 10pm (CT)/ 11pm (EST) | On Zoom

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. Sept. 20th & 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:

- 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



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