

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. Oct 16, Nov 20, Dec 18 | 6 PM | 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.

COMFORT FOOD, COMFORTING HEARTS POTLUCK

Upcoming dates: Wed. Oct 9, Nov 13, Dec 11 | 11:00 AM | 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. In partnership with HopeWest.

GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

Upcoming dates: Thurs. Oct 31, Dec 26 | 6 PM | 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. *Please note no meeting due to Thanksgiving Holiday.

YOUNG LOSS OF A SPOUSE/PARTNER GROUP

Upcoming dates: Thurs. Oct 17, Dec 19 | 6 PM | Please contact Carrie for group location cbauer@heartlightcenter.org

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.

*Please note: no meeting in November due to the Thanksgiving holiday.

COFFEE & CONVERSATION

Upcoming Dates: Fri. Oct 25, Nov 22 | 10:00 AM | Be Sweet Café & Bakeshop - 150 W Main St, Grand Junction, CO 81501

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.

SPECIAL COMMUNITY EVENT:



Jackson Taylor Foundation Candle Lighting:

Thursday, Oct. 17 from 6:00-7:30pm, Browns Funeral Home Grand Junction.

Together, we will light candles to remember the little ones who have touched our lives, even if only for a moment. This evening of reflection and remembrance will provide a peaceful space for healing and connection. All are welcome to attend and show support for grieving families in our community.

Let's unite to bring light to the darkness and keep their memories alive. No RSVP required.

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



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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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

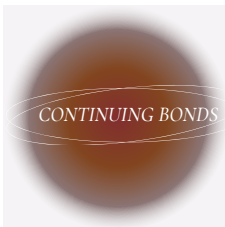
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims

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.



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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:

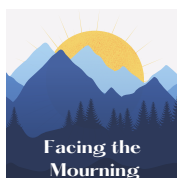
November 5th | 8am (PT)/ 9am (MST)/ 10pm (CT)/ 11pm (EST) | On Zoom

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:

- 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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COMMUNITY GROUPS/EVENTS

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



Death Café-

Meets the 4th Wednesday of the month, 6:00pm at Colorado Craft Coffee & Beer House (1144 N. 12th St, Grand Junction). Join us for an evening that brings people together in a positive and safe setting for open conversation about all aspects of death, dying, and living. Not a support group or educational seminar, just a chance to talk about death in an effort to enhance life. Sponsored by Western Slope Grief Network Alliance. Free to Attend. Questions: westernslopegna@gmail.com

International Survivors of Suicide Day:

Sat., Nov. 23 from 3:00-6:00pm, Martin Mortuary 550 North Ave, Grand Junction, CO 81501.
More details to come!



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