



3-Month Calendar – September-November 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, 5:30pm-8:30pm

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

Judi's House Presents:

Program for Professionals: Healing Communities: Centering Families to Support Bereaved Youth

Date: Tuesday, November 5 **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, including Administrative and Leadership Professionals in these settings who are supporting families and bereaved children.

When pandemic restrictions interrupted our grief and mourning practices, we saw clearly how community impacts healing and hurting following a death loss. For many, the inability to gather and participate in traditional rituals complicated already challenging grief reactions, and we witnessed how the absence of community contributed to adjustment difficulties. While community can be a significant source of strength, the loss of community that often accompanies bereavement can lead to additional stress and strain. At this crucial time, families may struggle to connect and appreciate the unique ways each member adapts and adjusts to the loss. Research demonstrating the profound impact of bereavement on families highlights the need for a more comprehensive approach to grief services that recognizes the value of prevention and whole-family support. 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.

Registration Required. Certificate of Completion provided upon request to providers in attendance.



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

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: Sept 18, Oct 9, Nov 6, 20

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

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

Date: Fri. Nov 15

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

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.***

LOVING MEMORIAL & CAREGIVER SUPPORT

upcoming date: Wed. Oct 30

time: 3-4:30pm(PT)/4-5:30pm(MST)/5-6:30pm(CT)/6-7:30(EST)

Join us for a special gathering online 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. This program is open to all types of caregivers including those who provided care of individuals with Alzheimer's or other dementias, cancer or other degenerative illnesses. Those experiencing anticipatory grief are also welcome in this space of memory and honoring.

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

GRIEF & THE HOLIDAYS

upcoming dates: Sat. Nov 2 & Sat. Dec 14

start time: 8:30amPT/9:30amMST/10:30amCT/11:30amET

*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. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20. **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. Oct 7, Nov 4

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.

**Please note there is no meeting in September due to the Labor Day holiday.*

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

upcoming dates: Wed. Sept 4, Oct 2, Nov 6

start time: 6pm PT / 7pm MST / 8pm CT / 9pm ET

upcoming dates: Tues. Sept 17, Oct 15, Nov 19

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. Sept 11, Oct 9, Nov 13

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. Sept 12, Oct 10, Nov 14

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. Sept 9, Oct 14, Nov 11

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.

Ongoing Monthly Grief Support Groups – VIRTUAL Cont.

SUBSTANCE LOSS GRIEF SUPPORT GROUP

upcoming dates: Thurs. Sept 26, Oct 24, *Nov 21 **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. **Please note date change for November meeting due to Thanksgiving Holiday.*

SUDDEN LOSS GRIEF SUPPORT GROUP

upcoming dates: Tues. Sept 24, Oct 22, Nov 26 **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. Sept 16, Oct 21, Nov 18 **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

Sept. dates: Mon. Sept. 9, 16, 23 & 30

time: 5:30-7pm

location: Horan & McConaty Centennial

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

time: 4-5:30pm

location: HeartLight Center

Oct. dates: Sun. Oct 13, 20, 27, & Nov 3

time: 10-11:30am

location: HeartLight Center

Nov. dates: Mon. Nov 4, 11, 18 & 25

time: 5-6:30pm

location: Horan & McConaty Arvada

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.

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.

RELATIONSHIPS AND GRIEF 4-WEEK GROUP

Dates: Wed. Nov 5, 12, 19 & 26

time: 10-11:30am

location: HeartLight Center

*Join us for this meaningful 4-week group that will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves. **Cost: \$60. Space is Limited. Registration is required.***

Grief Support Workshops - DENVER

HEALING WITH HORSES

upcoming dates: Sat. 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***

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. Experiment with playing many types of bowls and experience different ways to use them for self-care. 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.***

Grief Support Workshops – DENVER Cont.

THE HEALING POWER OF CRYSTALS

upcoming date: Sat. Oct 19

*Crystals and stones 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, includes an activity to create a small gemstone jar of your own. **Cost: \$20. Space is Limited. Registration is required.***

location: HeartLight Center

time: 10-11:30am

GRIEF CARE ON THE FARM

upcoming date: Wed. Oct 23

*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 wreath arrangement using nature items you will select from this beautiful urban farm's garden. **Cost: \$60. Space is Limited. Registration is required.***

location: Yetman Farms

time: 10am-11:30am

HONORING SAMHAIN – A MINDFULNESS WALK

upcoming dates: Fri. Nov 1

*Join us for a mindfulness walk that honors ourselves, our connection with nature and with our grief, as well as looking at the traditions of Samhain – the Celtic New Year – to release the last year and set intentions for the next. **Suggested Donation: \$20.***

location: HeartLight Center & Memorial Gardens

start time: 10am-12pm

PINNING THROUGH GRIEF – A GUIDED MEDITATION

upcoming date: Sat. Nov 2

Join us for a soothing guided meditation to help navigate through grief together with a butterfly pinning activity. This workshop will include a sacred circle, material education and a safe, mindfulness-based grief space to help provide a sense of healing and creativity. Learn how pinning can be a useful tool on your grief journey.

Cost: \$70, includes materials. Space is Limited. Registration is required. Unable to accept walk-ins.

* Butterflies are donated from JeffCo school district, these butterflies have been raised in a butterfly farm for pollinating and then after death are contributed for learning purposes.

location: HeartLight Center

time: 10-12:00pm

LUMINARIA REMEMBRANCE

upcoming date: Sun. Nov 3

*Join us in a ceremony of remembrance held in partnership with Horan & McConaty to honor our loved ones. Decorate a luminaria bag with names and messages to be placed in the Cremation Gardens at Parker Rd and Centennial. **Registration encouraged.***

location: Horan & McConaty Parker Rd Chapel and Horan & McConaty Centennial

time: 4pm-6pm

NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

upcoming date: Sat. Nov 16

*For those who are at least 10+ years out from a loss, join us in an intentional space for remembrance, support and honoring how grief changes over time. It's different now, and we remember them always – they are woven into the fabric of our beings forever moving forward. **Cost: \$20, includes materials and refreshments. Registration is required.***

location: HeartLight Center

time: 10-12:00pm

Ongoing Monthly Grief Support Groups - DENVER

**Groups typically run 90-minutes in length, suggested donation \$15*

GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

upcoming dates: Thurs. Sept 26, Oct 31, *Nov 21

*Open to anyone who has experienced a death loss. Meets on the last Thursday of the month at 4pm at HeartLight. ****Please note date change for November meeting due to Thanksgiving Holiday.***

location: HeartLight Center

start time: 4pm (MST)

NEW! GENERAL GRIEF GROUP: GROWING THROUGH GRIEF

upcoming dates: Tues. Dec 3

In partnership with Denver Public Libraries, please join us for a new meeting option. Open to anyone who has experienced a death loss, regardless of relationship to the deceased or amount time since the loss. Meets on the first Tuesday of the month at 5pm at Woodbury Library starting in December, 2024.

location: Woodbury Library – Denver Public Libraries

start time: 5:00pm (MST)

MEN'S LOSS OF A SPOUSE/PARTNER

upcoming dates: Tues. Sept 3, Oct 1, Nov 5

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.

location: HeartLight Center

start time: 7pm (MST)

Ongoing Monthly Grief Support Groups – DENVER Cont.

LOSS OF A SPOUSE/PARTNER

upcoming dates: Wed. Sept 11, Oct 9, Nov 13

upcoming dates: Wed. Sept 25, Oct 23, *Nov 26

*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. **Please note date change for November meeting due to Thanksgiving Holiday.*

location: HeartLight Center

start time: 4pm (MST)

start time: 7pm (MST)

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

upcoming dates: Sat. Sept 21, Oct 19, *Nov 27

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. **Please note date change for November potluck for our annual Thanksgiving Eve Gathering.*

location: *varies

start time: 5pm (MST)

YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS

upcoming dates: Thurs. Sept 5, Oct 3, Nov 7

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.

location: Highlands Church (1700 S Grant St)

start time: 7pm (MST)

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

upcoming dates: Tues. Sept 17, Oct 15, Nov 19

For adults 55 and younger who have experienced the death of a spouse/partner. Meets on the 3rd Tuesday monthly.

location: HeartLight Center

start time: 6pm (MST)

LOSS OF A PARENT(S)

upcoming dates: Wed. Sept 18, Oct 16, Nov 20

For those who have experienced the death of a parent/caregiver. Meets on the 3rd Wednesday monthly.

location: HeartLight Center

start time: 7pm MST

LOSS OF A CHILD SUPPORT

upcoming dates: Thurs. Sept 19, Oct 17, Nov 21

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.

location: HeartLight Center

start time: 6pm (MST)

BEREAVED SIBLINGS SUPPORT GROUP

upcoming dates: Thurs. Sept 5, Oct 3, Nov 7

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.

location: HeartLight Center

start time: 4:30pm-6pm (MST)

SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Mon. Sept 23, Oct 28, Nov 25

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

location: HeartLight Center

start time: 4pm (MST)

TRANSFORMING AFTER SUICIDE LOSS

upcoming dates: Mon. *Sept 9, Oct 14, Nov 11

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.*

location: HeartLight Center

start time: 4-5:30pm (MST)

SUBSTANCE LOSS GRIEF SUPPORT GROUP

upcoming dates: Mon. Sept 16, Oct 21, Nov 18

*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.*

location: HeartLight Center

start time: 7-8:30pm 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

Upcoming WESTERN SLOPE Grief Support Programs

Special Grief Support Events – WESTERN SLOPE

COFFEE & CONVERSATION

Upcoming Dates: Fri. Sept 20, Oct TBD, Nov 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

Dates: Mon. Sept. 9, 16, 23, 30

time: 6-7:30pm

location: San Miguel County Office Building

*An interactive support group designed to help with the grieving process by using visual and thought-provoking tools. This Facing the Mourning group will be provided free of charge thanks our sponsors Tri-County Health Network and SPARC (Suicide Prevention, Awareness, & Recovery Coalition). **Registration is required.***

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. Sept 18, Oct 16, Nov 20

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. Sept 11, Oct 9, Nov 13

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. Sept 26, Oct 31, *Nov 21

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. ****Please note date change for November meeting due to Thanksgiving Holiday.***

YOUNG LOSS OF A SPOUSE/PARTNER GROUP

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

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.

DIA DE LOS MUERTOS: A CELEBRATION OF REMEMBRANCE

location: Daniels-Wyoming

Upcoming Dates & Times:

October 11 5:30-7:30pm Dia De Los Muertos: Honoring Tradition Kick-Off Event

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 food trucks, artists, crafts, music, local grief authors, face painting, the Daniels' unique Harley Davidson funeral coach, and more. Come learn about cultural traditions, celebrate life, and connect with our community.

Grief Support Special Events – NEW MEXICO Cont.

GRIEF & THE HOLIDAYS

upcoming dates: Mon. Nov 18

*No matter what you celebrate, it's important to know that you aren't alone during holidays. This workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20. **Registration is required.***

location: Daniels-Wyoming

start time: 5:30-7:30pm (MST)

Weekly Grief Support Groups – NEW MEXICO

IN-PERSON FACING THE MOURNING 4-WEEK GROUP

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

Cost: \$65 (includes a participant manual)

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

time: 5:30-7pm

Registration is required.

location: Daniels-Wyoming

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. *Sept 3, Oct 7, Nov 4

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. Sept 11, *Tues. Oct 8, Wed. Nov 13

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.

**Please note the date adjustment for the October meeting*

location: Daniels Family Funeral Services – Southern

start time: 5:30-7pm

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

upcoming dates: Wed. Sept 4, Oct 2, Nov 6

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 of the month.

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