



3-Month Calendar – October-December 2024

Register online at heartlightcenter.org/events-calendar or contact us 720.748.9908 or info@heartlightcenter.org

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 Doulos, 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.

Upcoming VIRTUAL Grief Support Programs

First Steps: Virtual Seminar – A Comprehensive Guide to Financial Matters After Death

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

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)

December dates: Mon. Dec 2, 9, 16, & 23 or 30 **time:** 4:30-6pm (PT)/5:30-7pm (MST)/6:30-8pm (CT)/7:30-9pm (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!

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

Dates: Thurs. Nov 7, 14, 21, Dec 5, & 10 **time:** 4:30-6pm (PT)/5:30-7pm (MST)/6:30-8pm (CT)/7:30-9pm (EST)

*A different style of support group. For the curious, science-oriented, thinking, reflective griever. Join us for a unique combination of virtual peer support and education in this closed, curriculum-based support group. Over five sessions, we will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. **Cost: \$40 Registration is required.***

Facing the Mourning Facilitator Training - VIRTUAL

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.

Cost: \$85 + shipping (includes a Facilitator Manual and the 2-hour training program) **Registration Required.**

Grief Support Workshops & Specialty Programs - VIRTUAL

****Registration online is required to receive Zoom link.****

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

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

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

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

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

start time: 3pm PT / 4pm MST / 5pm CT / 6pm ET

An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Wednesday (7pm MST) and third Tuesday (4pm MST).

LOSS OF A SPOUSE/PARTNER

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

start time: 5pm PT / 6pm MST / 7pm CT / 8pm ET

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the second Wednesday.

LOSS OF A PARENT(S)

upcoming dates: Mon. Oct 7, Nov 4, Dec 2

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

An ongoing peer support and educational group for people who have experienced the death of a parent or adult caregiver. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Monday.

LGBTQ+ GRIEF SUPPORT GROUP

upcoming dates: Mon. Oct 14, Nov 11, Dec 9

start time: 4pm PT / 5pm MST / 6pm CT / 7pm ET

An ongoing peer support and educational group for adult members of the LGBTQIA+ community who have experienced a death loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the second Monday.

YOUNG ADULTS GRIEF SUPPORT GROUP

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

start time: 5pm PT / 6pm MST / 7pm CT / 8pm ET

An ongoing peer support and educational group for individuals 18-25 years of age who have experienced a death loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the third Monday.

SUICIDE LOSS GRIEF SUPPORT

upcoming dates: Thurs. Oct 10, Nov 14, Dec 12

***start time:** 5pm PT / 6pm MST / 7pm CT / 8pm ET

An ongoing peer support and educational group for people who have experienced a suicide death-loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the second Thursday.

*Please note new meeting start time starting October, 2024.

Ongoing Monthly Grief Support Groups - VIRTUAL

SUBSTANCE LOSS GRIEF SUPPORT GROUP

upcoming dates: Thurs. Oct 24, *Nov 21, *Dec 19 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

*An ongoing peer support and educational group for people who have experienced a death loss where substance use, abuse or overdose are part of the life or death narrative. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Thursday. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse. **Please note date change for November & December meetings due to holidays.*

SUDDEN & TRAUMATIC LOSS GRIEF SUPPORT GROUP

upcoming dates: Tues. Oct 22, Nov 26, Dec *23 **start time:** 5:30pm PT/ 6:30pm MST/ 7:30pm CT/ 8:30 ET

*An ongoing peer support and educational group for people who have experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Tuesday. *Please note December date change due to the Christmas Eve holiday.*

Upcoming DENVER Grief Support Programs

Weekly Support Groups - DENVER

FACING THE MOURNING 4-WEEK GROUP

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: Tues. 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 & Specialty Programs - DENVER

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. **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.***

THE HEALING POWER OF CRYSTALS

upcoming date: Sat. Oct 19

location: HeartLight Center

time: 10-11:30am

*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.***

GRIEF CARE ON THE FARM

upcoming date: Wed. Oct 23

location: Yetman Farms

time: 10am-11:30am

*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.***

Grief Support Workshops & Specialty Programs - DENVER

WALKING WITH GRIEF: A FALL MINDFULNESS WALK & CEREMONY

upcoming dates: Fri. Nov 1

In partnership with Celtic Way, our mindfulness nature walk at the memorial gardens at HeartLight Center will include reflections on the changing seasons, incorporating ritual and ceremony with use of Samhain traditions, and share a meal together.

Cost: \$30, includes meal and materials.

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 death loss, join us in an intentional space for remembrance, support and honoring how grief changes over time and how we still carry our grief. 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

HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

upcoming dates: Dec 3, 4 & 12 (at 3 locations)

Please join us for our holiday memorial service and candle lighting ceremony, in partnership with Horan & McConaty. Programs will begin at 6:30pm (MST) and will last about one hour. Refreshments will be served. Register on the HeartLight Center website.

location: HeartLight Center and Horan & McConaty

start time: 6:30-7:30pm

BEYOND THE GRIEF

upcoming date: Wed. Dec 4

*For people at least one year out from their loss, join us in a space of holding both gratitude and grief, pain and purpose. In the midst of the holiday season, the ability to feel a sense of enjoyment is often accompanied by guilt for seemingly “stepping out of” our grief. Amanda will guide you through the use of various self-care approaches including writing/journaling, EFT Tapping, and more. **Cost: \$35**, includes light refreshments. **Registration is required.***

location: HeartLight Center

time: 6-8:00pm

OPEN HEART STUDIO FOR THE HOLIDAYS

upcoming date: Sat. Dec 7

*This creative and social workshop invites participants to explore grief through use of various art activities, no prior art experience required. Activity: Nature's Mobile. **Cost: \$35**, includes supplies. **Space is Limited. Registration is required.***

location: HeartLight Center

time: 9am-11:30am

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. Oct 31, *Nov 21, Dec 26

*An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the last Thursday. ****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

An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Tuesday of the month at the Woodbury Library starting in December, 2024.

location: Woodbury Library – Denver Public Libraries

start time: 5:30pm (MST)

Ongoing Monthly Grief Support Groups – DENVER Cont.

MEN'S LOSS OF A SPOUSE/PARTNER

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

An ongoing peer support and educational group for men who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Tuesday at HeartLight Center.

location: HeartLight Center

start time: 7pm (MST)

LOSS OF A SPOUSE/PARTNER

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

upcoming dates: Wed. Oct 23, *Nov 26, *Dec 23

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend either or both monthly meetings. Meets monthly on the second and fourth Wednesday at HeartLight Center.

***Please note date change for November meeting due to Thanksgiving Holiday and December due to the Christmas holiday.*

location: HeartLight Center

start time: 4pm (MST)

start time: 7pm (MST)

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

upcoming dates: Sat. 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 monthly on the 3rd Saturday, location will vary.

***Please note date change for November potluck for our annual Thanksgiving Eve Gathering. No potluck gathering in December.*

location: *varies

start time: 5pm (MST)

YOUNG LOSS OF A SPOUSE/PARTNER AFTER 6 MONTHS

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

An ongoing peer support and educational group for people who are 55 and younger who have experienced the death of a spouse, partner or significant other and are beyond the first 6 months. Meets monthly on the first Thursday at Highlands Church.

location: Highlands Church (1700 S Grant St)

start time: 7pm (MST)

YOUNG LOSS OF A SPOUSE/PARTNER

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

An ongoing peer support and educational group for people who are 55 and younger who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the third Tuesday at HeartLight Center.

location: HeartLight Center

start time: 6pm (MST)

LOSS OF A PARENT(S)

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

An ongoing peer support and educational group for people who have experienced the death of a parent or adult caregiver.

Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the third Wednesday at HeartLight Center.

location: HeartLight Center

start time: 7pm MST

LOSS OF A CHILD SUPPORT

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

An ongoing peer support and educational group for bereaved parents, grandparents, caregivers, and adult siblings who have experienced the death of a child at any age and for any reason. Meets monthly on the third Thursday at HeartLight Center.

location: HeartLight Center

start time: 6pm (MST)

BEREAVED SIBLINGS SUPPORT GROUP

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

An ongoing peer support and educational group for people who have experienced the death of a sibling. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Thursday at HeartLight Center.

location: HeartLight Center

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

SUICIDE LOSS GRIEF SUPPORT

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

An ongoing peer support and educational group for people who have experienced a suicide death-loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Monday at HeartLight Center.

location: HeartLight Center

start time: 4pm (MST)

TRANSFORMING AFTER SUICIDE LOSS AFTER 1 YEAR

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

*An ongoing peer support and educational group for people who have experienced a suicide death-loss and are at least one year post-loss wanting additional support beyond the first year with topic specific meetings. Meets monthly on the second Monday at HeartLight Center. *December date to include potluck.*

location: HeartLight Center

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

Ongoing Monthly Grief Support Groups – DENVER Cont.

SUBSTANCE LOSS GRIEF SUPPORT GROUP

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

*An ongoing peer support and educational group for people who have experienced a death loss where substance use, abuse or overdose are part of the life or death narrative. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on third Monday at HeartLight Center. *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

Upcoming WESTERN SLOPE Grief Support Programs

Grief Support Workshops & Specialty Programs – WESTERN SLOPE

COFFEE & CONVERSATION

Upcoming Dates: Fri. Oct 25, Nov 22, Dec TBD

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).

location: Be Sweet Café & Bakeshop – Grand Junction

time: 10-11:30am (MST)

JACKSON TAYLOR FOUNDATION CANDLE LIGHTING

Upcoming Dates: Thurs. Oct 17

In recognition of Pregnancy & Infant Loss Awareness Month, 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. To learn more visit: www.thejacksontaylorfoundation.com

location: Brown's Funeral Home – Grand Junction

time: 6-7:30pm (MST)

INTERNATIONAL SURVIVORS OF SUICIDE DAY

Upcoming Dates: Sat. Nov 23

More details to come!

location: Martin Mortuary – Grand Junction

time: 3-6:00pm (MST)

Ongoing Monthly Grief Support Groups – WESTERN SLOPE

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

GENERAL GRIEF GROUP - GROWING THROUGH GRIEF

upcoming dates: Thurs. Oct 31, Dec 26

*An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the last Thursday of the month at Brown's Funeral Home. **Please note no group meeting in November meeting due to Thanksgiving Holiday.*

location: Brown's Funeral Home, Grand Junction

start time: 6pm (MST)

COMFORT FOOD, COMFORTING HEARTS POTLUCK

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

*A monthly dinner gathering to connect with other adults who have experienced the loss of a special person in their life. Please bring a (simple!) 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 monthly on the second Wednesday, in partnership with HopeWest. **RSVP on our website!***

location: HopeWest Delta Office

start time: 11am (MST)

LOSS OF SPOUSE/PARTNER POTLUCK

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

*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 monthly on the 3rd Wednesday at Brown's Funeral Home. **RSVP on our website!***

location: Brown's Funeral Home, Grand Junction

start time: 6pm (MST)

YOUNG LOSS OF A SPOUSE/PARTNER GROUP

upcoming dates: Thurs. Oct 17, Dec 19

*An ongoing peer support and educational group for people who are 55 and younger who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the third Thursday in Delta. *Please note: no meeting in November due to the Thanksgiving holiday.*

location: Please contact Carrie for group location

start time: 6pm (MST)



Upcoming NEW MEXICO Grief Support Programs

Grief Support Special Events – NEW MEXICO

COMFORT FOOD DINNER

Save the Date: January 16

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. **RSVP on our website!***

GRIEF & THE HOLIDAYS

location: Daniels-Wyoming

upcoming dates: Mon. Nov 18

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

*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.***

HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

location: Daniels-Wyoming

upcoming dates: Dec date TBD

start time: TBD

Please join us for our holiday memorial service and candle lighting ceremony, in partnership with Daniels Family Funeral. Programs will last about one hour. Refreshments will be served. Register on the HeartLight Center website.

LUMINARIA REMEMBRANCE

location: Gabaldon Mortuary

upcoming date: Tues. Dec 24

time: TBD

Join us in a ceremony of remembrance held in partnership with Gabaldon Mortuary to honor our loved ones. Decorate a luminaria bag with names and messages. More details to come.

Ongoing Monthly Grief Support Groups – NEW MEXICO

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

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

location: UrbanMama505 Kombuchery

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

start time: 6pm MST

An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Wednesday at UrbanMama505 Kombuchery.

LOSS OF A SPOUSE/PARTNER

location: Daniel's Family Funeral Services – Wyoming Chapel

upcoming dates: Mon. Oct 7, Nov 4, Dec 2

start time: 5:30pm (MST)

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Monday at Daniel's Wyoming.

SUDDEN & TRAUMATIC LOSS GROUP

location: Daniels Family Funeral Services – Southern

upcoming dates: *Tues. Oct 8, Wed. Nov 13, Dec 11

start time: 5:30-7pm

*An ongoing peer support and educational group for people who have experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the second Wednesday at Daniel's Southern. *Please note date change for October meeting.*



Register online at heartlightcenter.org/events-calendar or contact us 720.748.9908 or info@heartlightcenter.org