

Denver 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 support groups, workshops, seminars and resources for individuals who are grieving the loss of any kind.



IN- PERSON PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

GROWING THROUGH GRIEF

Upcoming dates: Wed. Thurs. Oct 31, *Nov 21, Dec 26 | 4 PM | HeartLight Center

Starting Soon! Tues. Dec 3 | 5:30 PM | Woodbury Library – Denver Public Libraries

Open to anyone who has experienced a death loss. Meets on the last Thursday monthly at HeartLight and on the first Tuesday of the month at 5:30pm at Woodbury Library. *date change for November meeting due to Thanksgiving Holiday.

MEN'S LOSS OF A SPOUSE/PARTNER

Upcoming dates: Tues. Oct 1, Nov 5, Dec 3 | 7 PM

Dedicated to the unique issues of men who have experienced the death of a spouse, partner or significant other. Meets on the first Tuesday monthly.

LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. Oct 9, Nov 13, Dec 11 | 4 PM

Wed. Oct 23, *Nov 26, *Dec 23 | 7 PM

For those who have experienced the death of a spouse, partner or significant other. Meets on the second Wednesday (4pm) and fourth Wednesday (7pm) monthly. You are welcome to attend either or both. *Note date changes for Holidays.

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

Upcoming dates: Sat. Oct 19, **Nov 27 | 5 PM

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! Meets the third Saturday monthly. Location varies. **Please note date change.

YOUNG LOSS OF A SPOUSE/PARTNER 6+ MONTHS

Upcoming dates: Thurs. Oct 3, Nov 7, Dec 5 | 7 PM

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 first Thursday monthly. Meets at Highlands Church (1700 S Grant St).

YOUNG LOSS OF A SPOUSE/PARTNER NO TIMELINE

Upcoming dates: Tues. Oct 15, Nov 19, Dec 17 | 6 PM

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

LOSS OF A PARENT(S)

Upcoming dates: Wed. Oct 16, Nov 20, Dec 18 | 7 PM

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

LOSS OF A CHILD SUPPORT

Upcoming dates: Thurs. Oct 17, Nov 21, Dec 19 | 6 PM

For bereaved parents, grandparents, caregivers, and adult siblings who have experienced the death of a child of any age. Meets on the third Thursday monthly.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website



IN- PERSON PROGRAMS CONT. MONTHLY GRIEF SUPPORT GROUPS

BEREAVED SIBLINGS SUPPORT GROUP

Upcoming dates: Thurs. Oct 3, Nov 7, Dec 5 | 4:30 PM

For adult individuals who are grieving the loss of a sibling. Meets on the first Thursday monthly.

SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Mon. Oct 28, Nov 25, Dec 23 | 4 PM

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

TRANSFORMING AFTER SUICIDE LOSS

Upcoming dates: Mon. Oct 14, Nov 11, *Dec 9 | 4:00 PM

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. *Dec meeting will include a potluck.

SUBSTANCE LOSS GRIEF SUPPORT GROUP

Upcoming dates: Mon. Oct 21, Nov 18, Dec 16 | 7:00 PM

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 monthly. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

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 includes materials.

Oct. dates: Sun. Oct 13, 20, 27, & Nov 3 | 10-11:30 AM | HeartLight Center

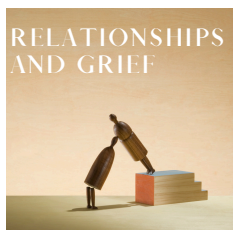
Nov. dates: Mon. Nov 4, 11, 18 & 25 | 5-6:30 PM | Horan & McConaty Arvada



New Beginnings 6 Week Group

Dates: Mon. Oct 14, 21, 28, Nov 4, 11 & 18 | 10-11:30 AM | 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.



Relationships and Grief 4 Week Group

Dates: Tues. Nov 5, 12, 19 & 26 | 10-11:30 AM | 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.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website





IN- PERSON PROGRAMS CONT - SPECIAL GRIEF WORKSHOPS:



SELF-CARE WITH SINGING BOWLS

Sat. Oct 5 | 10-11:30 AM | HeartLight Center

Sound Energy Practitioner, Ann Martin, teaches modern ways to clear the mind and relax the body using Himalayan singing bowls. In this "hands on" class, you'll learn 3 different ways to play the Himalayan bowls, 24 unique meditations, and much more. Cost: \$40



INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

Sat. Oct 12 | 10-11:30 AM | HeartLight Center

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.



THE HEALING POWER OF CRYSTALS

Sat. Oct 19 | 10-11:30 AM | HeartLight Center

Crystals and gemstones 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. Explore the healing nature of various stones, and create a small gemstone jar of your own. Cost: \$20



GRIEF CARE ON THE FARM

Wed. Oct 23 | 10am-11:30am | Yetman Farms

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, includes materials.



HONORING SAMHAIN – A MINDFULNESS WALK

Fri. Nov 1 | 10-12:00 PM | HeartLight Center & Memorial Gardens

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. Cost: \$30 include a meal and materials.



PINNING THROUGH GRIEF – A GUIDED MEDITATION

Sat. Nov 2 | 10-12:00 PM | HeartLight Center

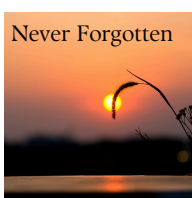
Join us for a soothing guided meditation to help navigate through grief together with a butterfly pinning activity. Will include a sacred circle, material education and a safe, mindfulness-based grief space to help provide a sense of healing and creativity. Cost: \$70, includes materials



LUMINARIA REMEMBRANCE

Sun. Nov 3 | 4-6 PM | Horan & McConaty Parker Rd Chapel and Centennial

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.



NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

Sat. Nov 16 | 10 AM-12 PM | HeartLight Center

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. Cost: \$20



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website





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.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website





VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:

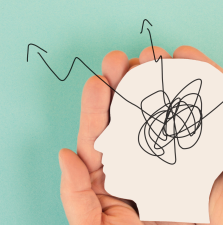


FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

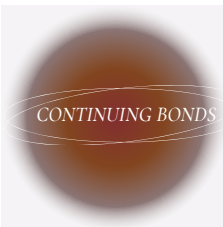
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims

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

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





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:

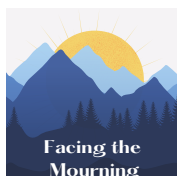
Learn to facilitate our signature 4-session interactive support group open to all types of losses to bring to your community or organization.

Facing the Mourning Facilitator Training- For Professionals

Upcoming Dates: 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



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website

