



## 3-Month Calendar – November 2024-January 2025

Register online at [heartlightcenter.org/events-calendar](https://heartlightcenter.org/events-calendar) or contact us 720.748.9908 or [info@heartlightcenter.org](mailto: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 attending the presentation live.**

#### Program for Anyone Caring for a Grieving Child: Caring for Grieving Kids

**Date:** Tuesday, November 5      **Time:** 5 pm (PT)/ 6 pm (MST)/ 7 pm (CT)/ 8 pm (EST)      **location:** Zoom

A special presentation for anyone in the community who are supporting families and bereaved children.

The health and well-being of a child's primary caregiver is one of the strongest predictors of that child's adjustment to a significant death loss. Tailored for parents, guardians, and adult family members, this workshop fosters increased understanding and connection for adults caring for grieving youth. Experienced grief counselors will share information about children's common grief reactions, understanding of death, and coping in addition to reviewing helpful caregiving strategies. Staff members from Judi's House, a children and family grief care organization based in Aurora, Colorado, will review information to help caregivers navigate parenting a grieving child. Participants are encouraged to bring their questions and concerns.

**Registration Required. Certificate of Completion provided upon request to providers attending the presentation live.**

#### Save the Date! Queer Asterisk will present Tuesday, January 21<sup>st</sup>, 2025

**Program for Professionals:** LGBTQ+ Grief Care Considerations

**Program for the Community:** Processing Group for and about LGBTQ+ Grief

More details coming soon!

### Upcoming VIRTUAL Grief Support Programs

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

**Upcoming Dates:** Nov 6, 20, Dec 4, 18, Jan 8      **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

**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, & 12 **time:** 4:30-6pm (PT)/5:30-7pm (MST)/6:30-8pm (CT)/7:30-9pm (EST)

**Dates:** Thurs. Jan 23, 30, Feb 6, 13, & 23 **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

**Date:** Fri. Jan 31 **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.\*\***

### 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.*

### GRIEF AFTER THE HOLIDAYS: TENDING TO OUR GOALS

**upcoming dates:** Sat. Jan 18 **start time:** 8:30amPT/9:30amMST/10:30amCT/11:30amET

*For anyone who has attended a Grief and the Holidays workshop or any Facing the Mourning group, this virtual workshop is a way to get some support and helpful tips around transitioning into a new year with grief and tending to the goals we have set or want to set in the new year. We will discuss coping with emotional reactions in the new year, coping strategies and self-care needs, and goal setting in the new year or revisiting goals we have set in the past that we want to tend to with intentionality. **Cost: \$20***

## 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. Nov 6, Dec 4 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

**upcoming dates:** Tues. Nov 19, Dec 17, Jan 21 **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. Nov 13, Dec 11, Jan 8 **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. Nov 4, Dec 2, Jan 6 **start time:** 6pm PT / 7pm MST / 8pm CT / 9pm ET

**added meeting dates:** Jan 20 **start time:** 3pm PT / 4pm MST / 5pm CT / 6pm 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 at 7pm (MST).*

*Additional meeting starting January 2025 on the third Monday monthly at 4pm (MST).*

## Weekly Grief Support Groups – VIRTUAL Cont.

### LGBTQ+ GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Nov 11, Dec 9, Jan 13

**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. Nov 18, Dec 16, Jan 20

**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. Nov 14, Dec 12, Jan 9

**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.*

### SUBSTANCE LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Thurs. \*Nov 21, \*Dec 19, Jan 23

**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. Nov 26, Dec \*23, Jan 28

**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.*

### \*\*NEW! CAREGIVER SUPPORT GRIEF GROUP

**upcoming dates:** Thurs. Jan 2

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

*If you are a caregiver, or have lost someone you cared for, you are invited to attend our new monthly ongoing peer support and educational group for caregivers. We will share about experiences, ideas and support for current and past caregivers. Meets monthly on the first Thursday starting January 2025.*

## Upcoming DENVER Grief Support Programs

### Weekly Support Groups - DENVER

#### FACING THE MOURNING 4-WEEK GROUP

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

**time:** 5-6:30pm

**location:** Horan & McConaty Arvada

**Jan. dates:** Mon. Jan 6, 13, 20, & 27

**time:** 4-5:30pm

**location:** Horan & McConaty Thornton

**Jan. dates:** Mon. Jan 6, 13, 20, & 27

**time:** 4:30-6pm

**location:** Horan & McConaty Lakewood

**Cost:** \$65 (includes a participant manual, provided at the first meeting)

**Registration is required.**

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

#### 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.***

#### NEW BEGINNINGS 6-WEEK GROUP

**Dates:** Wed. Jan 22, 29, Feb 5, 12, 19 & 26

**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.**

## Grief Support Workshops & Specialty Programs - DENVER

### LUMINARIA REMEMBRANCE

**upcoming date:** Sun. Nov 3

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

**time:** 4pm-6pm

*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.***

### WALKING WITH GRIEF: A FALL MINDFULNESS WALK & CEREMONY

**upcoming dates:** Fri. Nov 8\*\* NEW DATE

**location:** HeartLight Center & Memorial Gardens

**start time:** 10am-12pm

*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.*

**Suggested Donation: \$30, includes meal and materials.**

### PINNING THROUGH GRIEF – A GUIDED MEDITATION

**upcoming date:** Sat. Nov 16\*\* NEW DATE

**location:** HeartLight Center

**time:** 1:00-3:00pm\*\* NEW TIME

*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.*

### NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

**upcoming date:** Sat. Nov 16

**location:** HeartLight Center

**time:** 10-12:00pm

*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.***

### HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

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

**location:** HeartLight Center and Horan & McConaty

**start time:** 6:30-7:30pm

*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.*

### BEYOND THE GRIEF

**upcoming date:** Wed. Dec 4

**location:** HeartLight Center

**time:** 6-8:00pm

*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.**

### OPEN HEART STUDIO FOR THE HOLIDAYS

**upcoming date:** Sat. Dec 7

**location:** HeartLight Center

**time:** 9am-11:30am

*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.***

### CAREGIVER DINNER

**Save the Date:** January 14

**location:** HeartLight Center

**time:** 5:30-7:30pm

*If you are a caregiver, or have lost someone you cared for, you are invited to attend our Caregiver Dinner, offered quarterly. We will serve comforting food, and share experiences, ideas and support for current and past caregivers. If you are able, you are invited to bring a dish to share, but it is not required.*

## 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. \*Nov 21, Dec 26, Jan 30

**location:** HeartLight Center

**start time:** 4pm (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 last Thursday. \*\*Please note date change for November meeting due to Thanksgiving Holiday.*

## Ongoing Monthly Grief Support Groups – DENVER Cont.

### **NEW! GENERAL GRIEF GROUP: GROWING THROUGH GRIEF**

**upcoming dates:** Tues. Dec 3, Jan 7

*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)

### **MEN'S LOSS OF A SPOUSE/PARTNER**

**upcoming dates:** Tues. Nov 5, Dec 3, Jan 7

*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. Nov 13, Dec 11, Jan 8

**upcoming dates:** Wed. \*Nov 26, \*Dec 23, Jan 22

*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. \*Nov 27, Jan 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 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. Nov 7, Dec 5, Jan 2

*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. Nov 19, Dec 17, Jan 21

*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)**

**Added dates!:** Wed. Feb 5

**upcoming dates:** Wed. Nov 20, Dec 18, Jan 15

*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. New meeting starting Feb 2025: first Wednesday at 4pm at HeartLight.*

**location:** HeartLight Center

**start time:** 4pm (MST)

**start time:** 7pm MST

### **LOSS OF A CHILD SUPPORT**

**upcoming dates:** Thurs. Nov 21, Dec 19, Jan 16

*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. Nov 7, Dec 5, Jan 2

*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. Nov 25, \*Dec 16, Jan 27

*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.*

*\*please note date change for Dec meeting.*

**location:** HeartLight Center

**start time:** 4pm (MST)

## Ongoing Monthly Grief Support Groups – DENVER Cont.

### TRANSFORMING AFTER SUICIDE LOSS AFTER 1 YEAR

**upcoming dates:** Mon. Nov 11, \*Dec 9, Jan 13

*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)

### SUBSTANCE LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Nov 18, Dec 16, Jan 23

*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

#### GRIEF & THE HOLIDAYS

**Date:** Wed. Nov 20

**start time:** 6:00pm (MST)

**location:** Taylor's Funeral Service (Delta)

**Date:** Thurs. Nov 21

**start time:** 6:00pm (MST)

**location:** Brown's Cremation & Funeral (Grand Junction)

*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.***

#### TAYLOR'S LIGHTS OF LIFE

**Upcoming Dates:** Thurs. Dec 5

**location:** Taylor's Funeral Service (Delta)

**time:** 6:00pm (MST)

*In partnership with HopeWest and Taylor's Funeral Service, please join us for our holiday memorial service and candle lighting ceremony. Refreshments will be served. For questions or to RSVP, please contact Taylor's Funeral Service 970-874-9988 or HopeWest at 970-874-6823.*

#### CRIPPIN'S HOLIDAY LOVE, HOPE AND LIGHT: A TIME OF REMEMBRANCE CANDLE LIGHTING CEREMONY

**Date:** Tues. Dec 10

**time:** 6:00pm (MST)

**location:** Crippin Funeral Home (Montrose)

*Please join us for our holiday memorial service and candle lighting ceremony, in partnership with Crippin Funeral Home. Refreshments will be served. Please RSVP to Carrie at [cbauer@heartlightcenter.org](mailto:cbauer@heartlightcenter.org).*

#### BROWN'S HOLIDAY LOVE, HOPE AND LIGHT: A TIME OF REMEMBRANCE CANDLE LIGHTING CEREMONY

**Date:** Thurs. Dec 19

**time:** 6:00pm (MST)

**location:** Brown's Cremation & Funeral (Grand Junction)

*Please join us for our holiday memorial service and candle lighting ceremony, in partnership with Brown's Cremation & Funeral. Refreshments will be served. Please RSVP to Carrie at [cbauer@heartlightcenter.org](mailto:cbauer@heartlightcenter.org).*

## 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. Dec 26, Jan 30

*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. Nov 13, Dec 11, Jan 8

*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)

## Ongoing Monthly Grief Support Groups – WESTERN SLOPE Cont.

### LOSS OF SPOUSE/PARTNER POTLUCK

**upcoming dates:** Wed. Nov 20, Dec 18, Jan 15

*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 3<sup>rd</sup> 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. Dec 19, Jan 16

*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)

### COFFEE & CONVERSATION

**Upcoming Dates:** Fri. Nov 22, Dec TBD, Jan 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)

## 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.*

#### 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.*

**location:** Daniels-Wyoming

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

#### HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

**upcoming dates:** Dec date 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.*

**location:** Daniels-Wyoming

**start time:** TBD

#### LUMINARIA REMEMBRANCE

**upcoming date:** Tues. Dec 24

*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.*

**location:** Gabaldon Mortuary

**time:** TBD

## Ongoing Monthly Grief Support Groups – NEW MEXICO

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

#### GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

**upcoming dates:** Wed. Nov 6, Dec 4

*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.*

**location:** UrbanMama505 Kombuchery

**start time:** 6pm MST

#### LOSS OF A SPOUSE/PARTNER

**upcoming dates:** Mon. Nov 4, Dec 2, Jan 6

*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.*

**location:** Daniel's Family Funeral Services – Wyoming Chapel

**start time:** 5:30pm (MST)

## Ongoing Monthly Grief Support Groups – NEW MEXICO Cont.

### **SUDDEN & TRAUMATIC LOSS GROUP**

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

**location:** Daniels Family Funeral Services – Southern

**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.*



Register online at [heartlightcenter.org/events-calendar](https://heartlightcenter.org/events-calendar) or contact us 720.748.9908 or [info@heartlightcenter.org](mailto:info@heartlightcenter.org)