



## 3-Month Calendar – January-March 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

##### Queer Asterisk Presents:

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

**Date:** Tues. January 21, 2025      **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 wish to become better allies and supporters for LGBTQ+ individuals in our community.*

*This presentation will explore some of the unique challenges faced within the LGBTQ+ community and how that impacts the grief experience for this population, including barriers to inclusive care, complicated grief and disenfranchised grief, stigma and shame, and giving providers tools for providing a safe place for authentic expressions of self, grief and navigating healing through culturally competent practices and inclusive language. **Cost: \$15. Registration Required.***

**Certificate of Completion provided upon request to professionals who attend live.**

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

**Date:** Tues. January 21, 2025      **Time:** 4-5:30 pm (PT)/ 5-6:30 pm (MST)/ 6-7:30 pm (CT)/ 7-8:30 pm (EST)      **location:** Zoom

*This gathering is for adult individuals to join in a safe place to engage in meaningful discussions, self-reflection, processing experiences and sharing dialogue that impacts the LGBTQ+ community, the grief journey, and connect with peers and allies.*

**Cost: \$15. Registration Required.** Please note this presentation will not be recorded.

### Upcoming VIRTUAL Grief Support Programs

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

**Upcoming Dates:** Jan 8, Feb 19, Mar TBD      **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

**February dates:** Thurs. Feb 6, 13, 20 & 27      **time:** 10-11:30am (PT)/11-12:30pm (MST)/12-1:0pm (CT)/1-2:30pm (EST)

**March dates:** Tues. Mar 4, 11, 18 & 25      **time:** 9-10:30am (PT)/10-11:30am (MST)/11-12:30pm (CT)/12-1:0pm (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. Jan 23, Feb 6, Feb 20, March 6, March 20      **time:** 4:30pm(PT)/5:30pm(MST)/6:30pm(CT)/7:30pm(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. Jan 31 & Fri. Mar 21      **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 AFTER THE HOLIDAYS: TENDING TO OUR GOALS**

**upcoming dates:** Sat. Jan 25      **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***

### **THE BODY IN GRIEF: TENDING TO PHYSICAL EXPERIENCES THAT ACCOMPANY GRIEF**

**upcoming dates:** Sat. Feb 22      **time:** 9am-11amPT/10am-12pm MST/11am-1pm CT/12pm-2pm EST

*This experiential workshop will show you how to gently hold space for any uncomfortable physical states that you may experience in grief, how to prevent discomfort from leading to worst-case thinking, and how to regain a sense of safety in your own skin. These activities and coping techniques will complement other support tools, such as talk therapy or movement therapy, for improving mind-body wellness during grief. **Cost: \$20.***

### **GRIEF SUPPORT AFTER A HOMICIDE LOSS: QUARTERLY MEETING**

**upcoming dates:** Tues. Mar 11      **time:** 3-4:30pm PT/ 4-5:30pm MST/ 5-6:30pm CT/ 6-7:30pm EST

*Join us in a quarterly meeting space to share about the unique grief experiences that occur after a homicide loss. We will come together in an intentional space for remembrance, support and honoring the lives of those we are grieving for, and how the nature of homicide loss impacts our grief. Suggested Donation: \$15.*

## 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. Feb 5, Mar 5

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

**upcoming dates:** Tues. Jan 21, Feb 18, Mar 18

**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). \*No meeting First Wednesday in January due to the New Years holiday.*

### **LOSS OF A SPOUSE/PARTNER GRIEF SUPPORT GROUP**

**upcoming dates:** Wed. Jan 8, Feb 12, Mar 12

**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) GRIEF SUPPORT GROUP**

**NEW upcoming dates:** Wed. Jan 8, Feb 12, Mar 12

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

**NEW added meeting dates:** Wed. Jan 22, Feb 26, Mar 26

**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 parent or adult caregiver. Regardless of how long ago the death occurred, you are welcome to attend. Beginning in 2025, the group will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday monthly at 6pm MST.*

### **LGBTQ+ GRIEF SUPPORT GROUP**

**upcoming dates:** Mon. Jan 13, Feb 10, Mar 10

**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. Jan 20, Feb 17, Mar 17

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

*An ongoing peer support and educational group for individuals 18-30 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.*

## Ongoing Monthly Grief Support Groups – VIRTUAL Cont.

### SUICIDE LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Thurs. Jan 9, Feb 13, Mar 13      **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.*

### SUBSTANCE LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Thurs. Jan 23, Feb 27, Mar 27      **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.*

### SUDDEN & TRAUMATIC LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Tues. Jan 28, Feb 25, Mar 25      **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.*

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

**upcoming dates:** Thurs. Jan 2, Feb 6, Mar 6      **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

**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

**Feb. dates:** Tues. Feb 4, 11, 18 & 25

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

**location:** HeartLight Center – Parker Rd

**Mar. dates:** Sun. Mar 2, 9, 16 & 23

**time:** 10-11:30am

**location:** HeartLight Center – Parker Rd

**Mar. dates:** TBD

**time:** TBD

**location:** Horan & McConaty Arvada

**Mar. dates:** Tues. Mar 4, 11, 18 & 25

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

**location:** Horan & McConaty Centennial

**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.*

#### FACING THE MOURNING FOR SUICIDE LOSS 4-WEEK GROUP

**Feb. dates:** Tues. Feb 11, 18, 25 & Mar 4

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

**location:** Horan & McConaty Centennial

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

**Registration is required.**

*A specific group for those grieving due to a suicide loss, using the Facing the Mourning 4-week curriculum.*

#### NEW BEGINNINGS 6-WEEK GROUP

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

**time:** 10-11:30am

**location:** HeartLight Center – Parker Rd

*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. Feb 4, 11, 18 & 25

**time:** 10-11:30am

**location:** HeartLight Center – Parker Rd

*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

### CAREGIVER DINNER

**Save the Date:** January 14

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

**location:** HeartLight Center – Parker Rd

*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.*

### INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

**upcoming date:** Sat. Jan 25

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

**location:** HeartLight Center – Parker Rd

*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: \$30. Space is Limited. Registration is required.** Unable to accommodate walk-ins.*

### NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

**upcoming date:** Sat. Feb 1

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

**location:** HeartLight Center – Parker Rd

*For those who are at least 5+ years out from a death loss, join us in a quarterly, 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. Coffee and tea provided. **Suggested Donation: \$15, Registration required.***

### GROWING WITH OUR GRIEF: UNDERSTANDING THE SCIENCE AND TOOLS FOR SOMATIC HEALING

**upcoming date:** Sat. Feb 8

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

**location:** HeartLight Center

*The workshop, created by The LIGHT Movement, is a 2-hour experience designed to help participants understand the physiological impact of grief and learn somatic tools for growth and integration. Through an inclusive and supportive environment, attendees explore concepts like contraction and expansion, polyvagal theory, the window of tolerance, and vagus nerve regulation. Practical tools, including gentle yoga, breathwork, bilateral movements, and vagus nerve stimulation, are practiced to empower participants to navigate their grief. **Register on the LIGHT Movement website.***

### BEYOND THE GRIEF

**upcoming date:** Wed. Feb 12 – NEW DATE

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

**location:** HeartLight Center – Parker Rd

*Please join us in a space of holding both gratitude and grief as we courageously enter the new year without our loved ones. Moving forward with 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.***

### VALENTINE’S DAY REMEMBRANCE

**upcoming date:** Fri. Feb 14

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

**location:** HeartLight Center – Parker Rd

*For those who have experienced the loss of a spouse, partner or significant other, we invite you to join us for a Valentine’s Day Remembrance with hot chocolate, cookies, and remembering our beloveds. **Suggested Donation: \$15. Registration required.***

### OPEN HEART STUDIO

**upcoming date:** TBD

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

**location:** HeartLight Center – Parker Rd

*This creative and social workshop invites participants to explore grief through use of various art activities, no prior art experience required. Activity: TBD. **Cost: \$40, includes supplies. Space is Limited. Registration is required.***

### CARING FOR SOMEONE WHO IS GRIEVING

**upcoming date:** TBD

**time:** TBD

**location:** HeartLight Center – Parker Rd

*More to come TBD. **Cost: \$20. Space is Limited. Registration is required.***

### WALKING WITH GRIEF: MINDFULNESS WALK

**upcoming date:** TBD

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

**location:** HeartLight Memorial Gardens

*Join us for a mindfulness walk that honors ourselves, our connection with nature and with our grief.*

**Cost: \$20.**

**Registration is required.**

### THE ANGER OF GRIEF: A SOMATIC WORKSHOP

**upcoming date:** Friday, March 28

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

**location:** HeartLight Center – Parker Rd

*Anger is a “stage” of grief that doesn’t often get talked about, yet everyone feels. Join us in a space to discuss and process anger and learn tools for safely experiencing and working through this complex emotion as part of your journey. **Cost: \$30. Registration is 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. Jan 30, Feb 27, Mar 27 **time:** 4-5:30pm (MST) **location:** HeartLight Center – Parker Rd  
*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.*

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

**upcoming dates:** Tues. Jan 7, Feb 4, Mar 4 **time:** 5:30-7pm (MST) **location:** Woodbury Library Branch  
*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.*

### **LOSS OF A SPOUSE/PARTNER GRIEF SUPPORT GROUP**

**upcoming dates:** Wed. Jan 8, Feb 12, Mar 12 **time:** 4-5:30pm (MST) **location:** HeartLight Center – Parker Rd  
**upcoming dates:** Wed. Jan 22, Feb 26, Mar 26 **time:** 7-8:30pm (MST) **location:** HeartLight Center – Parker Rd  
*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 December due to the Christmas holiday.*

### **NEW! LOSS OF A SPOUSE/PARTNER CENTENNIAL**

**upcoming dates:** Wed. Jan 15, Feb 19, Mar 19 **time:** 4-5:30pm (MST) **location:** Horan & McConaty Centennial  
*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 third Wednesday at Horan & McConaty Centennial starting January 2025.*

### **NEW! LOSS OF A SPOUSE/PARTNER ARVADA**

**upcoming dates:** Wed. Feb 5, Mar 5 **time:** 4-5:30pm (MST) **location:** Horan & McConaty Arvada  
*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 first Wednesday at Horan & McConaty Arvada starting February 2025.*

### **LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING**

**upcoming dates:** Sat. Jan 18, Feb 15, Mar 15 **time:** 5pm (MST) **location:** \*varies  
*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 no potluck gathering in December.*

### **MEN'S LOSS OF A SPOUSE/PARTNER GRIEF SUPPORT GROUP**

**upcoming dates:** Tues. Jan 7, Feb 4, Mar 4 **time:** 7-8:30pm (MST) **location:** HeartLight Center – Parker Rd  
*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.*

### **YOUNG LOSS OF A SPOUSE/PARTNER AFTER 6 MONTHS**

**upcoming dates:** Thurs. Jan 9\*, Feb 6, Mar 6 **time:** 7-8:30pm (MST) **location:** Highlands Church  
*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. \*\*Please note date change in January due to New Year's holiday.*

### **YOUNG LOSS OF A SPOUSE/PARTNER GRIEF SUPPORT GROUP**

**upcoming dates:** Tues. Jan 21, Feb 18, Mar 18 **time:** 6-7:30pm (MST) **location:** HeartLight Center – Parker Rd  
*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.*

## Ongoing Monthly Grief Support Groups – DENVER Cont.

### LOSS OF A PARENT(S) GRIEF SUPPORT GROUP

**NEW! Added dates!:** Wed. Feb 5, Mar 5      **time:** 4-5:30pm (MST)      **location:** HeartLight Center

**upcoming dates:** Wed. Jan 15, Feb 19, Mar 19      **time:** 7-8:30pm MST      **location:** HeartLight Center

*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.*

### LOSS OF A CHILD SUPPORT GRIEF SUPPORT GROUP

**upcoming dates:** Thurs. Jan 16, Feb 20, Mar 20      **time:** 6-7:30pm (MST)      **location:** HeartLight Center

*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.*

### BEREAVED SIBLINGS SUPPORT GROUP

**upcoming dates:** Thurs. Jan 2, Feb 6, Mar 6      **time:** 4:30pm-6pm (MST)      **location:** HeartLight Center

*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.*

### SUICIDE LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Jan 27, Feb 24, Mar 24      **time:** 4pm (MST)      **location:** HeartLight Center

*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.*

### TRANSFORMING AFTER SUICIDE LOSS: AFTER 1 YEAR

**upcoming dates:** Mon. Jan 13, Feb 10, Mar 10\*      **time:** 4-5:30pm (MST)      **location:** HeartLight Center

*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. \*March date to include potluck.*

### SUBSTANCE LOSS GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Jan 20, Feb 17, Mar 17      **time:** 7-8:30pm MST      **location:** HeartLight Center

*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.*

## HeartLight Hosts: AFSP TALK SAVES LIVES Training - Denver

### Talk Saves Lives Training - AFSP

**Date:** Friday, Feb 21      **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://afsp-colorado-talk-saves-lives-at-heartlight-center-kr70n.attendase.com/>**

## Upcoming WESTERN SLOPE Grief Support Programs

### Grief Support Workshops & Specialty Programs – WESTERN SLOPE

#### PROGRAMMING UPDATES FOR WESTERN SLOPE COLORADO COMING SOON

## Ongoing Monthly Grief Support Groups – WESTERN SLOPE

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

#### PROGRAMMING UPDATES FOR WESTERN SLOPE COLORADO COMING SOON

## Upcoming NEW MEXICO Grief Support Programs

### Grief Support Special Events – NEW MEXICO

#### COMFORT FOOD DINNER

**Save the Date:** Thurs. Jan 16

**Time:** 5:30-7:30pm

**location:** Bosque Trails Hospice

*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. You are invited to bring a dish to share, but it is not required. In partnership with Bosque Trails Hospice.*

### 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. Feb 5, Mar 5

**location:** UrbanMama505 Kombuchery

**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. \*No meeting in January due to the New Years holiday.*

#### LOSS OF A SPOUSE/PARTNER GRIEF SUPPORT GROUP

**upcoming dates:** Mon. Jan 6, Feb 3, Mar 3

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

**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 SUPPORT GROUP

**upcoming dates:** Wed. Jan 8, Feb 12, Mar 12

**location:** Daniels Family Funerals-Carlisle

**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 Carlisle.*

#### NEW LOSS OF A CHILD SUPPORT GROUP

**upcoming dates:** Tues. Feb 4, Mar 4

**location:** Daniels Family Funerals-Carlisle

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

*A welcoming peer support group for parents, grandparents, and caregivers (18+) grieving the death loss of a child at any age and for any reason. Together, we explore the grief process, share stories, and discuss ways to navigate life after loss. Participants are invited to bring a photo or meaningful item to share. Meets monthly on the first Tuesday at Daniel's Carlisle starting February 2025.*

