

Denver Grief Support Programs



GROWING THROUGH GRIEF

An ongoing peer support and educational group for people who have experienced a death loss. Helpful for those who are newly bereaved and/or new to our program. Meets monthly at HeartLight on the last Thursday at 4 PM and at Woodbury Library the first Tuesday at 5:30 PM.

MEN'S LOSS OF A SPOUSE/PARTNER

An ongoing peer support and educational group for men who have experienced the death of a spouse, partner or significant other. Meets monthly on the first Tuesday at HeartLight Center at 7 PM.

LOSS OF A SPOUSE/PARTNER

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Meets monthly on the second (4 PM) and fourth (7 PM) Wednesday at HeartLight Center.

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

A monthly dinner gathering to connect with others who have experienced the loss of a spouse, partner, or significant other. Meets monthly on the 3rd Saturday at 5 PM, location will vary.

YOUNG LOSS OF A SPOUSE/PARTNER AFTER 6 MONTHS

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 at 7 PM.

YOUNG LOSS OF A SPOUSE/PARTNER

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 Meets monthly on the third Tuesday at HeartLight Center at 6 PM.

LOSS OF A PARENT(S)

An ongoing peer support and educational group for people who have experienced the death of a parent or adult caregiver. Meets monthly on the third Wednesday at HeartLight Center at 7 PM.

LOSS OF A CHILD SUPPORT

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 at 6 PM.

BEREAVED SIBLINGS SUPPORT GROUP

An ongoing peer support and educational group for people who have experienced the death of a sibling. Meets monthly on the first Thursday at HeartLight Center at 4:30 PM.

SUICIDE LOSS GRIEF SUPPORT

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 at 4 PM.

TRANSFORMING AFTER SUICIDE LOSS

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 at 4 PM.

SUBSTANCE LOSS GRIEF SUPPORT GROUP

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. Meets monthly on third Monday at HeartLight Center at 7 PM. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

HeartLight

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Website