

# Virtual Grief Support Programs



## GROWING THROUGH GRIEF

An ongoing peer support and educational group for people who have experienced a death loss, at any time and of any relationship. Helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Wednesday (6pm PT / 7pm MST / 8pm CT / 9pm ET) and third Tuesday (3pm PT / 4pm MST / 6pm CT / 6pm ET).

## LOSS OF SPOUSE/PARTNER

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 at 5pm PT / 6pm MST / 7pm CT / 8pm ET.

## 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. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Monday at 6pm PT / 7pm MST / 8pm CT / 9pm ET.

## 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 second Thursday at 6pm PT / 7pm MST / 8pm CT / 9pm ET.

## LGBTQ+ GRIEF SUPPORT GROUP

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 at 4pm PT / 5pm MST / 6pm CT / 7pm ET.

## YOUNG ADULTS GRIEF SUPPORT GROUP

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 at Mon. Nov 18, Dec 16 | 5pm PT / 6pm MST / 7pm CT / 8pm ET .

## 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. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Thursday at 6pm PT / 7pm MST / 8pm CT / 9pm ET. \*Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

## SUDDEN & TRAUMATIC LOSS GRIEF SUPPORT GROUP

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 at 5:30pm PT/ 6:30pm MST/ 7:30pm CT/ 8:30 ET.

## CAREGIVER SUPPORT GROUP

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. Anticipatory grief is welcome to join. Meets monthly on the first Thursday at 4pm PT/ 5pm MST/ 6pm CT/ 7 ET.

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org