

# 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 a death loss of any kind.



## IN- PERSON PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

### GROWING THROUGH GRIEF

Upcoming dates: Wed. Thurs. Feb 27, Mar 27, Apr 24 | 4 PM | HeartLight Center

New Location! Tues. Feb 4, Mar 4, Apr 1 | 5:30 PM | Woodbury Library – Denver Public Libraries

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 on the last Thursday at HeartLight and monthly first Tuesday at Woodbury Library.

### LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. Feb 12, Mar 12, Apr 9 | 4 PM | HeartLight Center

Wed. Feb 26, Mar 26, Apr 23 | 7 PM | HeartLight Center

New Location! Wed. Feb 19, Mar 19, Apr 16 | 4 PM | Horan & McConaty Centennial

New Location! Wed. Feb 5, Mar 5, Apr 2 | 4 PM | Horan & McConaty Arvada

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 and fourth Wednesday at HeartLight Center, the first Wednesday at Horan & McConaty Arvada, and the third Wednesday at Horan & McConaty Centennial.

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

Upcoming dates: Sat. Feb 15, Mar 15, Apr 19 | 5 PM

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

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

Upcoming dates: Tues. Feb 4, Mar 4, Apr 1 | 7 PM

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.

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

Upcoming dates: Thurs. Feb 6, Mar 6, Apr 3 | 7 PM

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.

### YOUNG LOSS OF A SPOUSE/PARTNER

Upcoming dates: Tues. Feb 18, Mar 18, Apr 15 | 6 PM

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.

### LOSS OF A PARENT(S)

Upcoming dates: New! Wed. Feb 5, Mar 5, Apr 3 | 4 PM

Wed. Feb 19, Mar 19, Apr 16 | 7 PM

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 7pm and first Wednesday at 4pm at HeartLight Center.

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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**HORAN & McCONATY**  
FUNERAL SERVICE AND CREMATION

  
HeartLight  
Center



# IN- PERSON PROGRAMS CONT. MONTHLY GRIEF SUPPORT GROUPS

## LOSS OF A CHILD SUPPORT

Upcoming dates: Thurs. Feb 20, Mar 20, Apr 17 | 6 PM

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. Feb 6, Mar 6, Apr 3 | 4:30 PM

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

## SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Mon. Feb 24, Mar 24, Apr 28 | 4 PM

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.

## TRANSFORMING AFTER SUICIDE LOSS: AFTER 1 YEAR

Upcoming dates: Mon. Feb 10, Mar 10\*, Apr 14 | 4:00 PM

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. Feb 17, Mar 17, Apr 21 | 7:00 PM

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. \*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.

Feb. dates: Tues. Feb 4, 11, 18 & 25 | 4-5:30 PM | HeartLight Center

Feb. For Suicide Loss: Tues. Feb 11, 18, 25 & Mar 4 | 4-5:30 PM | Horan & McConaty Centennial

Mar. dates: Sun. Mar 2, 9, 16 & 23 | 10-11:30 AM MST | HeartLight Center

Mar. dates: Tues. Mar 11, 18, 25 & Apr 1 | 5-6:30 PM MST | Horan & McConaty Arvada

Mar. dates: Tues. Mar 18, 25, Apr 1 & 8 | 5-6:30pm MST | Horan & McConaty Centennial



### Relationships and Grief 4 Week Group

Dates: Tues. Feb 4, 11, 18 & 25 | 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.



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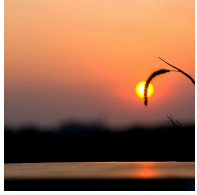
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# IN- PERSON PROGRAMS CONT. - SPECIAL GRIEF WORKSHOPS:



## NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

Sat. Feb 1 | 10 AM-12:00 PM | HeartLight Center

For those who are at least 5+ years out from a death loss, join us in a quarterly group to set 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.



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

Sat. February 8, 2024 | 10 AM-12:00 PM | 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. Suggested donation \$40.



## LIVING WITH GRIEF

Wed. Feb 12 | 6-8:00 PM | HeartLight Center

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.



## VALENTINE'S DAY REMEMBRANCE

Fri. Feb 14 | 4-5:30 PM | HeartLight Center

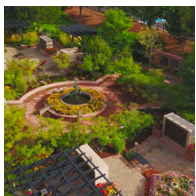
For those who have experienced the loss of a spouse, partner or significant other, we invite you to join us for a Valentine's Day Remembrance with hot chocolate, cookies, and remembering our beloveds. Suggested donation \$40.



## OPEN HEART STUDIO

Sat. Mar 15 | 9-11:30 AM | HeartLight Center

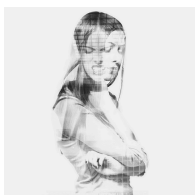
This creative and social workshop invites participants to explore grief through use of various art activities, no prior art experience required. Activity: Color Wheel of Feelings – multi-media creation. Cost: \$40, includes supplies.



## WALKING WITH GRIEF: MINDFULNESS WALK

Fri. March 21 | 9-11:30 AM | HeartLight Center, Memorial Gardens

Join us for a mindfulness walk that honors ourselves, our connection with nature and with our grief. Cost: \$20, includes materials



## THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri. March 28 | 10 AM-12:00 PM | HeartLight Center

There is a wide variety of ways that anger, irritability and frustration arise in grief. Join us in a space dedicated to discussing and processing anger and learn tools for safely experiencing and working through this complex emotion as normal part of the grief journey. Cost: \$30, includes materials.



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# VIRTUAL PROGRAMS

## MONTHLY GRIEF SUPPORT GROUPS:

### GROWING THROUGH GRIEF

Upcoming Dates: Wed. Feb 5, Mar 5, Apr 2 | 5pm PT / 6pm MST / 7pm CT / 8pm ET

Tues. Feb 18, Mar 18, Apr 15 | 3pm PT / 4pm MST / 6pm CT / 6pm ET

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 MST) and third Tuesday (4pm MST).

### LOSS OF SPOUSE/PARTNER

Upcoming Dates: Wed. Feb 12, Mar 12, Apr 9 | 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)

NEW Upcoming dates: Wed. Feb 12, Mar 12, Apr 2 | 5pm PT / 6pm MST / 7pm CT / 8pm ET

NEW dates: Wed. Feb 26, Mar 26, Apr 16 | 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. Meets monthly on the second and fourth Wednesday.

### LGBTQ+ GRIEF SUPPORT GROUP

Upcoming dates: Mon. Feb 10, Mar 10, Apr 14 | 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. Feb 17, Mar 17, Apr 21 | 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.

### SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Thurs. Feb 13, Mar 13, Apr 10 | 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. Feb 27, Mar 27, Apr 24 | 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. Feb 25, Mar 25, Apr 22 | 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. Feb 6, Mar 6, Apr 3 | 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. Anticipatory grief is welcome to join. Meets monthly on the first Thursday.

HeartLight



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## VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:



### FACING THE MOURNING 4-WEEK SUPPORT GROUP

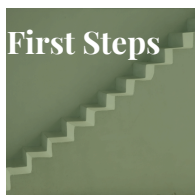
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65 plus shipping.

Feb dates: Thurs. Feb 6, 13, 20 & 27 | 10am PT/11am MST/12pm CT/1pm EST

Mar dates: Tues. Mar 4, 11, 18 & 25 | 9am PT/10am MST/11am CT/12pm EST



## SEMINARS:



### FIRST STEPS

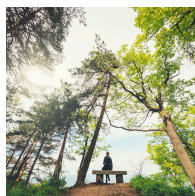
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.

Upcoming Dates: Feb 19, Mar 5, April 9

Start Time: 5pm PT/ 6pm MST/ 7pm CT/ 8pm EST



## SPECIAL GRIEF WORKSHOPS:



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

Sat. Feb 22 | 9am(PT) /10am(MST) /11am(CT) /12pm(EST) | On Zoom

This experiential workshop will show you how to gently hold space for any uncomfortable physical states that you may experience in grief. Learn activities and coping techniques for improving mind-body wellness during grief. Cost: \$20.



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

Tues. Mar 11 | 3pm(PT)/ 4pm(MST) / 5pm(CT) / 6pm(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.



### CARING FOR SOMEONE WHO IS GRIEVING: INTERGENERATIONAL GRIEF

Sat. Mar 29 | 9am(PT) / 10am(MST) / 11am(CT) / 12pm(EST) | Hybrid: HeartLight Center or Zoom

Join us in a discussion about caring for grievers and how grief and loss translate in healthy and unhealthy ways across multiple generations. In this hybrid workshop we will explore coping with loss personally while supporting others in their grief, self-awareness and communication skills, when relationships are complicated, and more.



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## 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.



#### Ted Bowman Presents:

##### **Program for Professionals:**

**Narrative Power: Finding Words for Living, Dying, Death and Bereavement**

Tues. April 15 | 8am PT/ 9am MST/ 10am CT/ 11am EST | On Zoom

##### **Program for Anyone Who is Grieving or Supporting a Griever:**

**Grief Endings and New Beginnings: Attention to Each and Both**

Tues. April 15 | 4pm PT/ 5pm MST/ 6pm CT/ 7pm EST | On Zoom



### EDUCATIONAL TRAINING:



#### **Talk Saves Lives Training - American Foundation for Suicide Prevention**

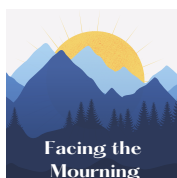
Friday, Feb 21 | 10-11:30 AM | HeartLight Center

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.



### 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: Fri. Mar 21

Start Time: 10am PT/ 11am MST/ 12pm CT/ 1pm ET

Cost: \$90



### 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:

- Book List
- Podcasts
- Websites
- Videos

#### Topic Specific Grief Brochures & Handouts:

- Helping Someone Who is Grieving
- Helpful Information About Grief
- Why Are The Holidays So Hard?
- What Can I Do About My Grief?
- Supporting Grieving Kids
- Individual vs. Group Support
- Loss in the Work Place



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