

Virtual Grief Support Programs



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

Open, drop-in groups invite people to come together with those who have similar losses. Participants may attend as often or as little as needed and discussions are personalized to fit the needs of each group.

Scan to Register or
Learn More:



GENERAL GRIEF GROUP – OPEN SUPPORT FOR ALL GRIEF:

General Grief Group

Meets monthly on the first Wednesday
5pm PT / 6pm MST / 7pm CT / 8pm ET

General Grief Group

Meets monthly on the third Tuesday
3pm PT / 4pm MST / 6pm CT / 6pm ET

LOSS OF A SPOUSE OR PARTNER:

Loss of Spouse/Partner

Meets monthly on the second Wednesday
5pm PT / 6pm MST / 7pm CT / 8pm ET

LOSS OF A PARENT/CAREGIVER:

Loss of a Parent(s)

Meets monthly on the second Wednesday
5pm PT / 6pm MST / 7pm CT / 8pm ET

Loss of a Parent(s)

Meets monthly on the fourth Wednesday
5pm PT / 6pm MST / 7pm CT / 8pm ET

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Suicide Loss Grief Support

Meets monthly on the second Thursday
5pm PT / 6pm MST / 7pm CT / 8pm ET

Substance Loss Grief Support

Meets monthly on the fourth Thursday
6pm PT / 7pm MST / 8pm CT / 9pm ET

Sudden & Traumatic Loss Grief Support

Meets monthly on the fourth Tuesday
5:30pm PT / 6:30pm MST / 7:30pm CT / 8:30 ET

Homicide Loss (Meets Quarterly)

Meeting: March 11, June 10, September 9 and December 9
3pm PT / 4pm MST / 5pm CT / 6pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

LGBTQ+ Grief Support

Meets monthly on the second Monday
4pm PT / 5pm MST / 6pm CT / 7pm ET

Young Adults Grief Support

Meets monthly on the third Monday
5pm PT / 6pm MST / 7pm CT / 8pm ET

Family Caregiver Circle

Meets monthly on the first Thursday
4pm PT / 5pm MST / 6pm CT / 7 ET



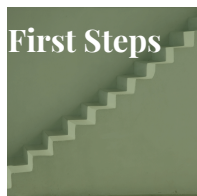
720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



SEMINARS:



FIRST STEPS

Upcoming Dates: June 11, July 16 | 11am PT/ 12pm MST/ 1pm CT/ 2pm EST

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.



WEEKLY CLOSED GROUP SUPPORT:

Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



FACING THE MOURNING 4-WEEK SUPPORT GROUP

June dates: Wed. June 4, 11, 18 & 25 | 10am PT/11am MST/12pm CT/1pm EST

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



THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

Thurs. July 17, 31, August 14, 28, September 11 | 4:30pm PT/ 5:30pm MST/ 6:30pm CT/ 7:30pm EST

We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$50, does not include copy of the book.



SPECIAL GRIEF WORKSHOPS:

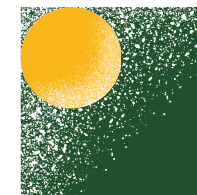
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



SUMMER REMEMBRANCE FOR ALZHEIMER'S & DEMENTIA LOSS

Wed. June 25 | 3pm PT/ 4-5:30pm MST/ 5-6:30pm CT/ 6-7:30pm EST

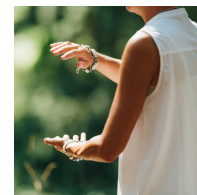
June is Alzheimer's & Brain Awareness Month, and we invite you to join us for a special virtual gathering for those who are grieving losses to Alzheimer's and other dementias to help process your grief and memorialize your person.



GOAL SETTING IN THE NEW YEAR: A MID-YEAR CHECK-IN

Sat. July 19th | 8:30am PT/9:30am MST/10:30am CT/11:30am ET

A follow-up from the "Goal Setting in the New Year" workshop. Get some support and check-in intentionally with our goals and self-care needs. We will discuss progress and self-compassion, coping strategies and self-care needs, and check-in with ourselves, our goals and each other.



TAI CHI FOR A GRIEVING HEART 2-PART PROGRAM

Tues. July 22nd & 29th | 3pm PT/ 4pm MST/ 5pm CT/ 6pm EST

Join in-person at HeartLight Center or online from anywhere as Beth Gherardi guides you through gentle flow and movements that can be used for care of yourself and your body using Tai Chi methods. No prior experience required, program is inclusive to all mobility needs. Cost: \$60



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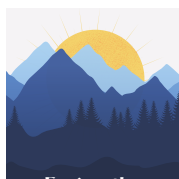




TRAINING AND EDUCATION

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. (For Professionals).



FACING THE MOURNING FACILITATOR TRAINING

Upcoming Dates: Fri. July 18

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



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.



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Website

HeartLight
Center