

# 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 TO ALL:

#### **Growing Through Grief**

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

#### **Growing Through Grief**

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



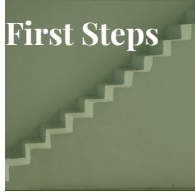
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## SEMINARS:



### FIRST STEPS

Upcoming Dates: May 14, June 11 | 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.



### VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

May dates: Tues. May 6, 13, 20 & 27 | 3pm PT/4pm MST/5pm CT/6pm EST

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.



## 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.



### CRAFTING YOUR NARRATIVE - WRITING AND SHARING YOUR GRIEF STORY

Sat. May 3 | 9am PT/ 10am MST/11am CT/ 12pm EST

Join facilitators Stuart and Cierra in the exploration of narrative – how we choose to tell our grief story, in various settings, and how we can gain a sense of control, remembrance and create legacy through use of the written word. Cost: \$20.



### SPRING REMEMBRANCE & CREATIVE EXPRESSION WITH BACII

Tues. May 13 | 3pm PT/ 4pm MST/ 5pm CT/ 6pm EST

BACII creator, Mangda Sengvanhpheng, joins us for an experiential online workshop that includes an art activity designed to mindfully connect us to the cycles of life to renew and deepen our experience of being alive while also holistically guiding through loss, grief and end of life. Cost: \$60.



### 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.



HeartLight



Website

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## TRAINING AND EDUCATION

### SPECIALTY PROGRAM FOR THE COMMUNITY



#### SUPPORTING GRIEVING KIDS WITH JUDI'S HOUSE

Upcoming Dates: Tues. May 13, Sat. May 17 | 10am (MST) on Saturdays; 6pm (MST) on Tuesdays

These free virtual workshops for parents, guardians, and adult family members are offered monthly and are limited in size to ensure participants can ask questions and get answers from the experts at Judi's House - a Colorado-based nonprofit who supports grieving children and their families.



### 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. May 16

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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