

New Mexico 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 virtual support groups, workshops, seminars and resources for individuals who are grieving a death loss of any kind.



IN-PERSON PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

Upcoming dates: Wed. Feb 5, Mar 5 | 6:00 PM | UrbanMama505 Kombuchery, 1014 Central Ave SW, Studio A, Albuquerque, NM 87102

An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Wednesday at UrbanMama505 Kombuchery. *No meeting in January due to the New Years holiday.

LOSS OF A SPOUSE/PARTNER

Upcoming dates: Mon. Jan 6, Feb 3, Mar 3 | 5:30 PM | Daniels Family Funerals-Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109

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 first Monday at Daniels- Wyoming.

SUDDEN & TRAUMATIC LOSS GROUP

Upcoming dates: Wed. Jan 8, Feb 12, Mar 12 | 5:30 PM | Daniels Family Funerals-Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110

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 second Wednesday at Daniels-Carlisle.

NEW LOSS OF A CHILD SUPPORT GROUP

Upcoming dates: Tues. Feb 4, Mar 4 | 5:30 PM | Daniels Family Funerals-Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110

A welcoming peer support group for parents, grandparents, and caregivers (18+) grieving the death loss of a child at any age and for any reason. Together, we explore the grief process, share stories, and discuss ways to navigate life after loss. Participants are invited to bring a photo or meaningful item to share. Meets monthly on the first Tuesday at Daniels- Carlisle starting February 2025.

GRIEF SUPPORT SPECIAL EVENTS:



Comfort Food Dinner

Thurs. Jan 16 | 5:30–7:30 PM | Bosque Trails Hospice
303 San Mateo Blvd NE, Suite 104, Albuquerque, NM 87108

We will serve comforting food and create a space for sharing experiences, meals, and beverages. While bringing a dish is not required or expected, you are welcome to contribute if it feeds your wellbeing. In partnership with Bosque Trails Hospice.



HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



VIRTUAL PROGRAMS

MONTHLY GRIEF SUPPORT GROUPS:

GROWING THROUGH GRIEF

Upcoming Dates: Wed. Feb 5, Mar 5 | *5pm PT / 6pm MST / 7pm CT / 8pm ET *New Time
Tues. Jan 21, Feb 18, Mar 18 | 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. Jan 8, Feb 12, Mar 12 | 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)

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

NEW DATES: Wed. Jan 22, Feb 26, Mar 26 | 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 monthly at 6pm MST.

LGBTQ+ GRIEF SUPPORT GROUP

Upcoming dates: Mon. Jan 13, Feb 10, Mar 10 | 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. Jan 20, Feb 17, Mar 17 | 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. Jan 9, Feb 13, Mar 13 | 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. Jan 23, Feb 27, Mar 27 | 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. Jan 28, Feb 25, Mar 25 | 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. Jan 2, Feb 6, Mar 6 | 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. Meets monthly on the first Thursday.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website





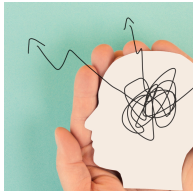
VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:



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



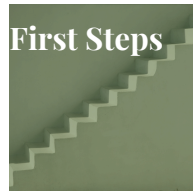
THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

Join us for a unique combination of virtual peer support and education in this closed, curriculum-based support group. We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$40.

Jan 23, Feb 6, Feb 20, Mar 6, Mar 20 | 4:30pm PT/5:30pm MST/6:30pm CT/7:30pm EST



SEMINARS:



FIRST STEPS

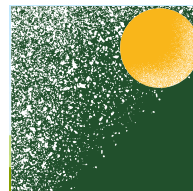
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.

Upcoming Dates: Jan 8, Feb 19

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



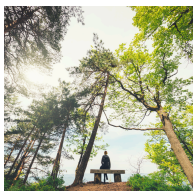
SPECIAL GRIEF WORKSHOPS:



GRIEF AFTER THE HOLIDAYS: TENDING TO OUR GOALS

Sat. Jan 25 | 8:30am(PT) / 9:30am(MT) / 10:30am(CT) / 11:30am(ET) | On Zoom

For anyone who has attended a Grief and the Holidays workshop or any Facing the Mourning group. Get support and helpful tips around transitioning into a new year with grief and tending to the goals we have set or want to set in the new year. Cost: \$20



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.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website





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.



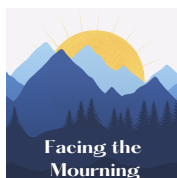
**Program for Professionals Supporting for LGBTQ+ Individuals:
LGBTQ+ Grief Care Considerations**
January 21st | 8am (PT)/ 9am (MST)/ 10am (CT)/ 11am (EST)

**Program for LGBTQ+ Community, Peers and Allies:
Processing Group for and about LGBTQ+ Grief**
January 21st | 4pm (PT)/ 5pm (MST)/ 6pm (CT)/ 7pm (EST)



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. Jan 31
Start Time: 10am PT/ 11am MST/ 12pm CT/ 1pm ET
Cost: \$85



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

HeartLight Academic Articles

- Help Someone who is Grieving
- Helpful Info About Grief
- Self-Care While Grieving
- Individual vs. Group Support
- Loss in the Work Place
- When Kids are Grieving



720-748-9908
info@heartlightcenter.org
www.heartlightcenter.org

