

New Mexico 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 90 minute group.

Scan to Register or Learn More



THE GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS:

Albuquerque At UrbanMama505 Kombuchery

Upcoming dates: Wed. May 7 | 6 PM
(1014 Central Ave SW, Studio A, Albuquerque, NM 87102)

Virtual

Upcoming dates: Wed. May 7, June 4, July 2
5pm PT / 6pm MST / 7pm CT / 8pm ET

Virtual

Upcoming dates: Tues. May 20, June 17, July 15
3pm PT / 4pm MST / 6pm CT / 6pm ET

LOSS OF A SPOUSE OR PARTNER:

Albuquerque At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. May 5, June 2, July 7 | 5:30 PM
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

Virtual

Upcoming dates: Wed. May 14, June 11, July 9
5pm PT / 6pm MST / 7pm CT / 8pm ET

LOSS OF A CHILD:

Albuquerque at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. May 6, June 3, July 1 | 5:30 PM
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

NEW! **Albuquerque** Family Caregiver Grief Support
At Daniels Family Funerals - Strong-Thorne
Upcoming dates: Mon. May 12, June 9, July 14 | 4:30 PM
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

Virtual Family Caregiver Circle: For current and post-loss caregivers

Upcoming dates: Thurs. May 1, June 5, July 3
4pm PT / 5pm MST / 6pm CT / 7 ET

Virtual Young Adults Grief Support

Upcoming dates: Mon. May 19, June 16, July 21
5pm PT / 6pm MST / 7pm CT / 8pm ET

Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. May 12, June 9, July 14
4pm PT / 5pm MST / 6pm CT / 7pm ET

LOSS OF A PARENT/CAREGIVER:

Virtual

Upcoming dates: Wed. May 14, June 11, July 9
5pm PT / 6pm MST / 7pm CT / 8pm ET

Virtual

Upcoming dates: Wed. May 28, June 25, July 23
5pm PT / 6pm MST / 7pm CT / 8pm ET

● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Albuquerque Sudden & Traumatic Loss Group

At Daniels Family Funerals - Carlisle

Upcoming dates: Wed. May 14, June 11, July 9 | 5:30 PM

(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

Virtual Sudden & Traumatic Loss Grief Support

Upcoming dates: Tues. May 27, June 24, July 22

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

Virtual Substance Loss Grief Support

Upcoming dates: Thurs. May 22, June 26, July 24

6pm PT / 7pm MST / 8pm CT / 9pm ET

Virtual Homicide Loss (Meets Quarterly)

Upcoming dates: June 10, September 9 and December 9

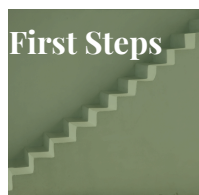
3pm PT / 4pm MST / 5pm CT / 6pm ET

Virtual Suicide Loss Grief Support

Upcoming dates: Thurs. May 8, June 12, July 10

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

SEMINARS:



VIRTUAL: 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.

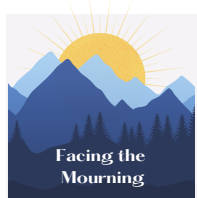
Upcoming Dates: Tues May 13, Wed June 11

Start Time: 11am PT / 12pm MST / 1pm CT / 2pm EST



WEEKLY CLOSED GROUP SUPPORT:

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

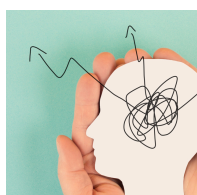


VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

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.



VIRTUAL: 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. **If this group is full, please request to be added to the waitlist for the next offering.*



● Virtual ● Albuquerque

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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.



VIRTUAL: 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.



VIRTUAL: 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.



VIRTUAL: 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.



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TRAINING AND EDUCATION

PROFESSIONAL COMMUNITY EVENT:

GRIEF NETWORKING ALLIANCE NEW MEXICO PRESENTS:

GRIEF AND LOSS RESOURCE FAIR FOR PROFESSIONALS

May 13 | 11:30 AM - 1:30 PM

Daniels Family Funerals - Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110

Join us for a free networking event to eat (light lunch provided), learn about GNA-NM, and community resources related to grief, loss, death, trauma, crisis support, and end-of-life care. Bring business cards, flyers for upcoming events you and/or your organization are offering, and meet others who can support you in this work.

Questions? Contact GNA-NM Chair, Genna Reeves: greesves@heartlightcenter.org



FACING THE MOURNING FACILITATOR TRAINING:

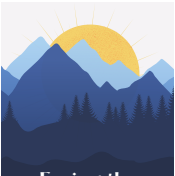
Learn to facilitate our signature 4-session interactive support group open to all types of losses to bring to your community or organization. (For Professionals).

VIRTUAL: 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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MY PROGRAM CALENDAR:

Please use this space to mark down any events that interest you. Feel free to contact us with any questions.

We look forward to seeing you soon.

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

