

Virtual 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.



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

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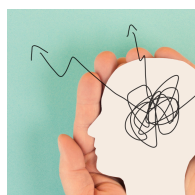
VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:



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



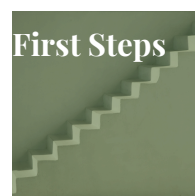
THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

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

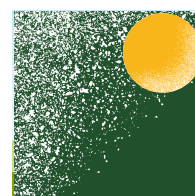
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.

Upcoming Dates: Jan 8, Feb 19

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



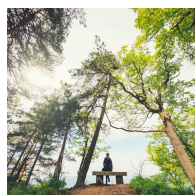
SPECIAL GRIEF WORKSHOPS:



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.



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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.



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



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