

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



IN- PERSON PROGRAMS MONTHLY GRIEF SUPPORT GROUPS:

GROWING THROUGH GRIEF

Upcoming dates: Wed. Thurs. Jan 30, Feb 27, Mar 27 | 4 PM | HeartLight Center

New Location! Tues. Jan 7, Feb 4, Mar 4 | 5:30 PM | Woodbury Library – Denver Public Libraries

An ongoing peer support and educational group for people who have experienced a death loss. Helpful for those who are newly bereaved and/or new to our program. Meets monthly on the last Thursday at HeartLight and monthly first Tuesday at Woodbury Library.

LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. Jan 8, Feb 12, Mar 12 | 4 PM | HeartLight Center

Wed. Jan 22, Feb 26, Mar 26 | 7 PM | HeartLight Center

New Location! Wed. Jan 15, Feb 19, Mar 19 | 4 PM | Horan & McConaty Centennial

New Location! Wed. Feb 5, Mar 5 | 4 PM | Horan & McConaty Arvada

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Meets monthly on the second and fourth Wednesday at HeartLight Center, the first Wednesday at Horan & McConaty Arvada, and the third Wednesday at Horan & McConaty Centennial.

LOSS OF A SPOUSE/PARTNER POTLUCK DINNER GATHERING

Upcoming dates: Sat. Jan 18, Feb 15, Mar 15 | 5 PM

A monthly dinner gathering to connect with others who have experienced the loss of a spouse, partner, or significant other. Meets monthly on the 3rd Saturday, location will vary.

MEN'S LOSS OF A SPOUSE/PARTNER

Upcoming dates: Tues. Jan 7, Feb 4, Mar 4 | 7 PM

An ongoing peer support and educational group for men who have experienced the death of a spouse, partner or significant other. Meets monthly on the first Tuesday at HeartLight Center.

YOUNG LOSS OF A SPOUSE/PARTNER AFTER 6 MONTHS

Upcoming dates: Thurs. Jan 9*, Feb 6, Mar 6 | 7 PM

An ongoing peer support and educational group for people who are 55 and younger who have experienced the death of a spouse, partner or significant other and are beyond the first 6 months. Meets monthly on the first Thursday at Highlands Church.

YOUNG LOSS OF A SPOUSE/PARTNER

Upcoming dates: Tues. Jan 21, Feb 18, Mar 18 | 6 PM

An ongoing peer support and educational group for people who are 55 and younger who have experienced the death of a spouse, partner or significant other Meets monthly on the third Tuesday at HeartLight Center.

LOSS OF A PARENT(S)

Upcoming dates: New! Wed. Feb 5, Mar 5 | 4 PM

Wed. Jan 15, Feb 19, Mar 19 | 7 PM

An ongoing peer support and educational group for people who have experienced the death of a parent or adult caregiver. Meets monthly on the third Wednesday at 7pm and first Wednesday at 4pm at HeartLight Center.



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www.heartlightcenter.org

Website

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IN- PERSON PROGRAMS CONT. MONTHLY GRIEF SUPPORT GROUPS

LOSS OF A CHILD SUPPORT

Upcoming dates: Thurs. Jan 16, Feb 20, Mar 20 | 6 PM

An ongoing peer support and educational group for bereaved parents, grandparents, caregivers, and adult siblings who have experienced the death of a child, at any age and for any reason. Meets monthly on the third Thursday at HeartLight Center.

BEREAVED SIBLINGS SUPPORT GROUP

Upcoming dates: Thurs. Jan 2, Feb 6, Mar 6 | 4:30 PM

An ongoing peer support and educational group for people who have experienced the death of a sibling. Meets monthly on the first Thursday at HeartLight Center

SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Mon. Jan 27, Feb 24, Mar 24 | 4 PM

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 fourth Monday at HeartLight Center.

TRANSFORMING AFTER SUICIDE LOSS: AFTER 1 YEAR

Upcoming dates: Mon. Jan 13, Feb 10, Mar 10* | 4:00 PM

An ongoing peer support and educational group for people who have experienced a suicide death-loss and are at least one year post-loss wanting additional support beyond the first year with topic specific meetings. Meets monthly on the second Monday at HeartLight Center. *March date to include potluck.

SUBSTANCE LOSS GRIEF SUPPORT GROUP

Upcoming dates: Mon. Jan 20, Feb 17, Mar 17 | 7:00 PM

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. Meets monthly on third Monday at HeartLight Center. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

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 includes materials.

Jan. dates: Mon. Jan 6, 13, 20, & 27 | 4-5:30 PM | Horan & McConaty Thornton

Jan. dates: Mon. Jan 6, 13, 20, & 27 | 4:30-6 PM | Horan & McConaty Lakewood

Feb. dates: Tues. Feb 4, 11, 18 & 25 | 4-5:30 PM | HeartLight Center

Feb. dates- For Suicide Loss: Tues. Feb 11, 18, 25 & Mar 4 | 4-5:30 PM | Horan & McConaty Centennial



New Beginnings 6 Week Group



Wed. Jan 22, 29, Feb 5, 12, 19 & 26 | 10-11:30am | HeartLight Center

The 6 interactive meetings will deal with many of the difficult topics that arise during the first year after the loss of a spouse/partner. You will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose. Cost: \$60



Relationships and Grief 4 Week Group



Dates: Tues. Feb 4, 11, 18 & 25 | 10-11:30 AM | HeartLight Center

Join us for this meaningful 4-week group that will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves. Cost: \$60.



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IN- PERSON PROGRAMS CONT. SPECIAL GRIEF WORKSHOPS:



CAREGIVER DINNER

Tues. Jan 14 | 5:30-7:30 PM | HeartLight Center

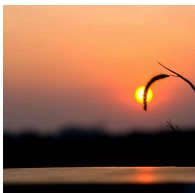
If you are a caregiver, or have lost someone you cared for, you are invited to attend. We will serve comforting food, and share experiences, ideas and support for current and past caregivers. If you are able, you are invited to bring a dish to share, but it is not required.



INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

Sat. Jan 25 | 10 - 12:00 PM | HeartLight Center

This intro class provides simple exercises that can assist the body in releasing deep muscular patterns of stress, tension and the physical effects of trauma. Cost: \$30.



NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

Sat. Feb 1 | 10-12:00 PM | HeartLight Center

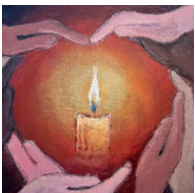
For those who are at least 5+ years out from a death loss, join us in a quarterly group to set intentional space for remembrance, support and honoring how grief changes over time and how we still carry our grief. It's different now, and we remember them always. Coffee and tea provided.



BEYOND THE GRIEF

Wed. Feb 12 | 6-8:00 PM | HeartLight Center

Please join us in a space of holding both gratitude and grief as we courageously enter the new year without our loved ones. Moving forward with a sense of enjoyment is often accompanied by guilt for seemingly “stepping out of” our grief. Amanda will guide you through the use of various self-care approaches including writing/journaling, EFT Tapping, and more. Cost: \$35.



GROWING WITH OUR GRIEF: UNDERSTANDING THE SCIENCE AND TOOLS FOR SOMATIC HEALING

Sat. February 8, 2024 | 10 AM-12 PM | HeartLight Center

The workshop, created by The LIGHT Movement, is a 2-hour experience designed to help participants understand the physiological impact of grief and learn somatic tools for growth and integration. Practical tools, including gentle yoga, breathwork, bilateral movements, and vagus nerve stimulation, are practiced to empower participants to navigate their grief.



VALENTINE'S DAY REMEMBRANCE

Fri. Feb 14 | 4 - 5:30 PM | HeartLight Center

For those who have experienced the loss of a spouse, partner or significant other, we invite you to join us for a Valentine's Day Remembrance with hot chocolate, cookies, and remembering our beloveds.



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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. 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. Anticipatory grief is welcome to join. Meets monthly on the first Thursday.



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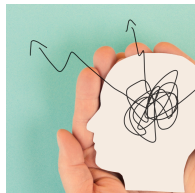
VIRTUAL PROGRAMS CONT. CONSISTENT WEEKLY SUPPORT:



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



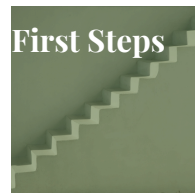
THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

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

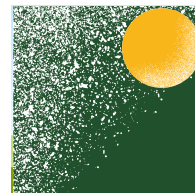
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.

Upcoming Dates: Jan 8, Feb 19

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



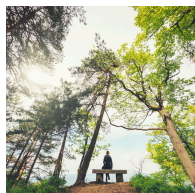
SPECIAL GRIEF WORKSHOPS:



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)



EDUCATIONAL TRAINING:



Talk Saves Lives Training - American Foundation for Suicide Prevention

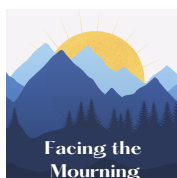
Friday, Feb 21 | 10-11:30 AM | HeartLight Center

Talk Saves Lives is the American Foundation for Suicide Prevention's education program that provides participants with a clear understanding of suicide prevention, up to date research, and what you can do in your community to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.



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: HeartLight Academic Articles

- Book List
- Podcasts
- Websites
- Videos
- 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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