

Colorado 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 SUPPORT FOR ALL GRIEF:

Denver At HeartLight Center

Meets monthly on the last Thursday at 4 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver At Woodbury Library

Meets monthly on the first Tuesday at 5:30 PM
(3265 Federal Blvd. Denver, CO 80211)

Centennial At Horan & McConaty

Meets monthly on the second Monday at 5:00 PM
(5303 E County Line Rd. Centennial, CO 80122)

Virtual

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

Virtual

Meets monthly on the third Tuesday
3pm PT / 4pm MST / 6pm CT / 6pm ET

New!

LOSS OF A SPOUSE OR PARTNER:

Denver At HeartLight Center

Meets monthly on the second Wednesday at 4 PM
Meets monthly on the fourth Wednesday at 7 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver At HeartLight Center (For Men's Loss)

Meets monthly on the first Tuesday at 7 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver At Highlands Church

(Young Loss-After 6 Mo.)

Meets monthly on the first Thursday at 7 PM
(1700 S. Grant St. Denver, CO 80210)

Denver At HeartLight Center

(Young Loss 55 and Younger)

Meets monthly on the third Tuesday at 6 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Centennial At Horan & McConaty

Meets monthly on the third Wednesday at 4 PM
(5303 E County Line Rd. Centennial, CO 80122)

Arvada At Horan & McConaty

Meets monthly on the first Wednesday at 4 PM
(7577 W 80th Ave. Arvada, CO 80003)

Starting
in July

Lakewood At Horan & McConaty

Meets monthly on the second Tuesday at 5 PM
(3101 S Wadsworth Blvd, Lakewood, CO 80227)

Potluck Dinner Gathering

Meets monthly on the third Saturday at 5 PM
(Location Will Vary)

Virtual

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

LOSS OF A CHILD:

Denver At HeartLight Center

Meets monthly on the third Thursday at 6 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Centennial At Southglenn Library

Meets monthly on the first Thursday at 5 PM (Starting April 2025)
(6972 S Vine St. Centennial, CO 80122)

● Denver ● Virtual ● Arvada ● Centennial ● Lakewood

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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HORAN & McCONATY
FUNERAL SERVICE AND CREMATION


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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

LOSS OF A SIBLING:

Denver At HeartLight Center

Meets monthly on the first Thursday at 4:30 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

LOSS OF A PARENT/CAREGIVER:

Denver at HeartLight Center

Meets monthly on the first Wednesday at 4 PM
Meets monthly on the third Wednesday at 7 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual

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

Virtual

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

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Denver Suicide Loss Grief at HeartLight Center

Meets monthly on the fourth Monday at 4:00 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver Transforming After a Suicide Loss After the 1st Year at HeartLight Center

Meets monthly on the second Monday at 4:00 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver Substance Loss Grief at HeartLight Center

Meets monthly on third Monday at 7:00 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual Homicide Loss (Meets Quarterly)

Meeting: March 11, June 10, September 9 and December 9
3pm PT / 4pm MST / 5pm CT / 6pm ET

Virtual Suicide Loss Grief Support

Meets monthly on the second Thursday
5pm PT / 6pm MST / 7pm CT / 8pm ET
Starting in July! Meets monthly on the fourth Thursday
3pm PT / 4pm MST / 5pm CT / 6pm ET

Virtual Sudden & Traumatic Loss Grief Support

Meets monthly on the fourth Tuesday
5:30pm PT / 6:30pm MST / 7:30pm CT / 8:30 ET

Virtual Substance Loss Grief Support

Meets monthly on the fourth Thursday
6pm PT / 7pm MST / 8pm CT / 9pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

Denver Family Caregiver Potluck (Meets Quarterly)

April 8, July 8, October 14 at 6 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual LGBTQ+ Grief Support

Meets monthly on the second Monday
4pm PT / 5pm MST / 6pm CT / 7pm ET

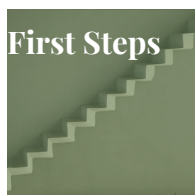
Virtual Family Caregiver Circle

Meets monthly on the first Thursday
4pm PT / 5pm MST / 6pm CT / 7 ET

Virtual Young Adults Grief Support

Meets monthly on the third Monday
5pm PT / 6pm MST / 7pm CT / 8pm ET

SEMINARS:



VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

Upcoming Dates: June 11, July 16 | 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.



● Denver ● Virtual ● Arvada ● Centennial

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WEEKLY CLOSED GROUP SUPPORT:

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



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.

HeartLight Center Denver: Tues. Jun 3, 10, 17 & 24 | 4-5:30 PM

Virtual Dates: Wed. Jun 4, 11, 18 & 25 | 10-11:30am PT/11-12:30pm MST/12-1:30pm CT/1-2:30pm EST

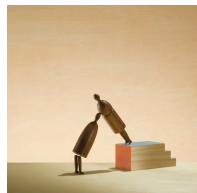
Horan & McConaty Colorado Blvd. Denver: Tues. Jul 8, 15, 22 & 29 | 4-5:30 PM



DENVER: NEW BEGINNINGS 6-WEEK GROUP

Wed. June 4, 11, 18, 25, July 2 & 9 | 10-11:30 AM | 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



DENVER: RELATIONSHIPS AND GRIEF 4-WEEK GROUP

Tues. July 8, 15, 22 & 29 | 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. Minimum of 6 participants required for group to be held. Cost: \$60. Registration is required.



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

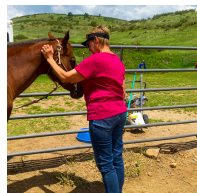
Thurs. July 17, 31, August 14, 28, September 11 | 4:30pm PT/ 5:30pm MST/ 6:30pm CT/ 7:30pm EST

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.*



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.



DENVER (LYONS): HEALING WITH HORSES

Sat. June 7, July 19 & Aug 23 | 10:00 AM-4:00 PM | Private ranch in Lyons, Colorado

Join a one-day workshop to let the healing power of horses help you as we slow down, reflect, and have some fun together. In partnership with Dancing Spirit Equine Facilitated Learning and Coaching, LLC and TRU Community Care. Cost: \$100.



● Denver ● Virtual ● Arvada ● Centennial ● Lakewood ● Thornton

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SPECIAL GRIEF WORKSHOPS CONT:



DENVER: OPEN HEART STUDIO

Sat. June 7 | 9:00-11:30 AM | HeartLight Center

We invite you to share in a creative space to help explore and connect about grief through art. No past art experience required. Featured Activity: Gardening with Grief – using Kintsugi to help process grief and design a planter to plant seeds. Cost: \$40.



DENVER: REMEMBERING BELOVED FRIENDS

Sun. June 8 | 4:00-6:00 PM | Horan & McConaty Colorado Blvd.

In honor of National Best Friends Day, this dedicated time provides a safe place for individuals who are grieving the death of a friend through a meaningful remembrance ceremony to bring comfort and connection to the friends we are missing.



DENVER: TENDING TO YOUR GRIEF - ONE DAY GRIEF RETREAT

Thurs. June 12 | 10:00 AM-4:00 PM | HeartLight Center

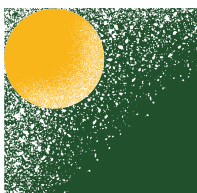
In partnership with Christian Living Communities, we hope you will join us in a day-long space of connection, support and healing as we explore our grief through gentle movements, creative expression, and self-care practices. Doors open at 9am. Cost: \$100, includes lunch and supplies



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

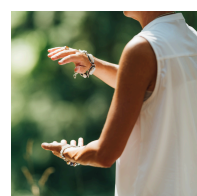
June is Alzheimer's & Brain Awareness Month, and we invite you to join us for a special virtual gathering for those who are grieving losses to Alzheimer's and other dementias to help process your grief and memorialize your person.



VIRTUAL: GOAL SETTING IN THE NEW YEAR: A MID-YEAR CHECK-IN

Sat. July 19th | 8:30am PT/9:30am MST/10:30am CT/11:30am EST

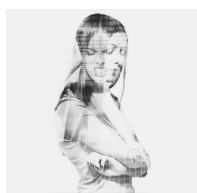
A follow-up from the "Goal Setting in the New Year" workshop. Get some support and check-in intentionally with our goals and self-care needs. We will discuss progress and self-compassion, coping strategies and self-care needs, and check-in with ourselves, our goals and each other.



HYBRID: TAI CHI FOR A GRIEVING HEART 2-PART PROGRAM

Tues. July 22nd & 29th | 3pm PT/ 4pm MST/ 5pm CT/ 6pm EST

Join in-person at HeartLight Center or online from anywhere as Beth Gherardi guides you through gentle flow and movements that can be used for care of yourself and your body using Tai Chi methods. No prior experience required, program is inclusive to all mobility needs. Cost: \$60



DENVER: THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri. July 25 | 10:00 AM-12:00 PM | HeartLight Center

Anger is a "stage" of grief that doesn't often get talked about, yet is an emotion everyone feels. Join us in a space dedicated to discussing and processing anger and learn tools for safely experiencing and working through this complex emotion as normal part of the grief journey. Cost: \$35.



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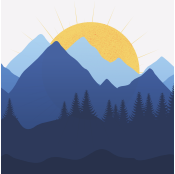




TRAINING AND EDUCATION

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. July 18

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.

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					

July

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		

