

Colorado Grief Support Programs



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

Scan to Register or Learn More



GENERAL GRIEF GROUP - OPEN TO ALL:

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)

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

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)

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 third Thursday at 5 PM (Starting April 2025)
(6972 S Vine St. Centennial, CO 80122)

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)

● Denver
 ● Virtual
 ● Arvada
 ● Centennial

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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HORAN & McCONATY
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 Center



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

LOSS OF A PARENT/CAREGIVER:

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

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)

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

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:

Virtual LGBTQ+ Grief Support

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

Virtual Caregiver Support

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

Denver Caregiver Dinner (Meets Quarterly)

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

● Denver ● Virtual ● Arvada ● Centennial

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WEEKLY CLOSED GROUP 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.

Horan & McConaty Arvada Dates: Tues. Mar 11, 18, 25 & Apr 1 | 5:00-6:30 PM

Virtual Dates: Tues. Mar 4, 11, 18 & 25 | 9am PT/10am MST/11am CT/12pm EST

Horan & McConaty Centennial Dates: Tues. Mar 18, 25, Apr 1 & 8 | 5:30-7:00 PM

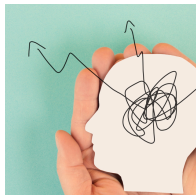
HeartLight Center Denver: Sat. Apr 5, 12, 19 & 26 | 10:00-11:30 AM



Denver Legacies of Loss 6-Week Support Group

Dates: Sun. April 6, 13, 27, May 4, 11 & 18 | 10-11:30 AM | HeartLight Center

For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Cost \$60, includes materials.



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

Thurs. April 17, May 1, 15, 29, & June 12 | 4:30pm PT/5:30pm MST/6:30pm CT/7:30pm EST

Join us for a 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: \$50, does not include copy of the book.



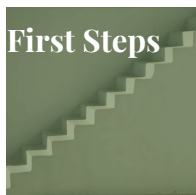
Denver Forest Therapy Intervention 5-Session Group

Dates: Sun. April 27, May 4, 11, 18 & 25 | 2-4:00 PM | Denver Botanic Gardens – York Street

For those experiencing personal bereavement within their first year, learn ways to improve quality of life during bereavement through forest therapy activities. Facilitated by Forest Therapy Practitioner, Susan Kaplan, MSW, MPA, RYT. Cost \$100, plus cost of admissions to the gardens.



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: Mar 5, April 9, May 14

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



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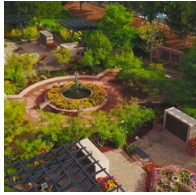
SPECIAL GRIEF WORKSHOPS:



DENVER: OPEN HEART STUDIO

Sat. Mar 15 | 9-11:30 AM | HeartLight Center

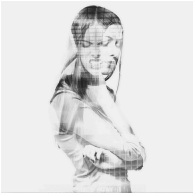
This creative and social workshop invites participants to explore grief through use of various art activities, no prior art experience required. Activity: Color Wheel of Feelings – multi-media creation. Cost: \$40, includes supplies.



DENVER: WALKING WITH GRIEF: MINDFULNESS WALK

Fri. March 21 | 9-11:30 AM | HeartLight Center, Memorial Gardens

Join us for a mindfulness walk that honors ourselves, our connection with nature and with our grief. Cost: \$20, includes materials



DENVER: THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri. March 28 | 10 AM-12:00 PM | HeartLight Center

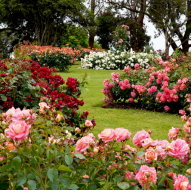
There is a wide variety of ways that anger, irritability and frustration arise in grief. Join us in a space dedicated to discussing and processing anger and learn tools for safely experiencing and working through this complex emotion as normal part of the grief journey. Cost: \$30, includes materials.



HYBRID: CARING FOR SOMEONE WHO IS GRIEVING - INTERGENERATIONAL GRIEF

Sat. Mar 29 | 9am(PT) / 10am(MST) / 11am(CT) / 12pm(EST) | HeartLight Center or Zoom

Join us in a discussion about caring for grievers and how grief and loss translate in healthy and unhealthy ways across multiple generations. Cost: \$15.



DENVER: HEALING IN NATURE – FINDING YOURSELF AFTER LOSS

Sun. April 6 | 4-6:00 PM | Botanic Gardens – York Street, Denver

This 2-hour sequence of nature connection activities invite you to engage with nature. Spending time in a few areas, we move at a relaxed, mindful pace. At times you are alone and other times with others. Sitting. Walking. Being with nature. Reflective activities. Cost: \$20 + Cost of Admission at Gardens.



VIRTUAL: OPEN HEART STUDIO ONLINE

Thurs. April 10 | 3pm(PT)/ 4pm(MST)/ 5pm (CT)/ 6-8pm EST

This online creative gathering will instruct the use of materials found in the home to explore our grief through use of various art activities, no prior art experience required. Cost: \$30.



DENVER: PET LOSS MEMORIAL

Fri. April 11 | 10 AM-11:30 PM | HeartLight Center

National Pet Day is on April 11th this year, and we invite you to join us as we pay tribute to the lives of beloved animal companions, honoring our connection, sharing memories, and mourning in community. Please bring with you a special picture or object. Cost: \$20.



HYBRID: FLOW WITH GRIEF USING TAI CHI

Sat. April 12 | 12:30pm(PT)/ 1:30pm(MST)/ 2:30pm(CT)/ 3:30pm(EST) | HeartLight Center or Zoom

Join in-person at HeartLight Center or online from anywhere as Beth Gherardi, certified practitioner, guides you through gentle flow and movements that can be used for gentle care of yourself and your body using Tai Chi methods. No prior experience required. Cost: \$35.



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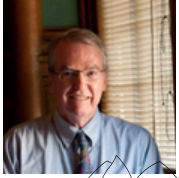




TRAINING AND EDUCATION

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.



Virtual: Ted Bowman Presents:

Program for Professionals:

Narrative Power: Finding Words for Living, Dying, Death and Bereavement

Tues. April 15 | 8am PT/ 9am MST/ 10Am CT/ 11am EST | On Zoom

Program for Anyone Who is Grieving or Supporting a Griever:

Grief Endings and New Beginnings: Attention to Each and Both

Tues. April 15 | 4pm PT/ 5pm MST/ 6pm CT/ 7pm EST | On Zoom



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.



Virtual: Facing the Mourning Facilitator Training- For Professionals

Upcoming Dates: Fri. Mar 21

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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March



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					

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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			