

Program Etiquette and Guidelines

YOU DON'T HAVE TO GRIEVE ALONE.

HeartLight Center is a 501(c)(3) non-profit that companions and educates people through their grief to find hope. HeartLight offers virtual and local support groups, workshops, seminars and resources for individuals who are grieving a loss of any kind.



What We Offer: Peer-Based Grief Support

HeartLight Center provides peer-based grief support groups. Programs are therapeutic in nature but are not a substitute for therapy services.

Group Formats: Open & Closed Support Group

OPEN – Open Support Groups are drop-in style. You may attend as many groups as you like throughout the month, at any time in your grief journey.

CLOSED – Closed Support Groups have a set number of weekly meetings (often 4 or 6 consecutive weeks) and a pre-defined curriculum to guide discussions each week.

Donations

HeartLight Center is a donation-based nonprofit organization and welcomes contributions for group programs.

WHAT TO EXPECT AT A HEARTLIGHT CENTER PROGRAM:

Arrival and Getting Settled:

We start and conclude all programs on time. Late comers to online groups might not be admitted, please let us know ahead of time if you expect to be more than 10 minutes late.

Orientation/Introduction/Check-In:

Groups begin with a brief orientation and housekeeping, then a short check-in with each participant.

Focused Discussion:

Next, facilitators open the group to discussion. This may relate to a specific topic, a reading, quote, or reflection; or simply an invitation for participants to share their stories.

Check-Outs:

Groups conclude with a brief check-out for attendees to share final thoughts, comments, or take-aways from their experience.

Learn More:



720-748-9908
info@heartlightcenter.org
www.heartlightcenter.org





Guidelines for Creating a Safe Group Space:

Privacy and Confidentiality:

All participants agree to not disclose personal information about others in attendance, or the stories shared during group, to maintain privacy and safety for all attendees.

Respect and Nonjudgment:

We encourage attendees to not compare grief, to not give advice or tell people what they “should” or “shouldn’t” do. A useful phrase is: “Something that helped me is...”

Voluntary Participation:

You may participate as much or as little as you feel comfortable. If the facilitator or another participant asks you a question, you are allowed to “pass.”

Sharing and Listening:

We ask you to be mindful when sharing detailed or graphic information that can be activating for others. We encourage everyone to be intentional and respectful in group.

Moments of Silence:

Periods of silence are common during discussion, and we welcome them. Silence offers opportunities to gather thoughts, to reflect, or to process shared experiences.

Safety and Wellbeing:

Please do not consume alcohol or other substances during meetings, whether in-person or online. If a facilitator has concerns about your safety, they may follow up with you, or have HeartLight staff reach out to ensure you have support and a safe environment.

Contact Information:

We do not share contact information unless permission is given. Participants who wish to exchange contact information with one another are welcome to do so as they see fit.

Non-Discrimination:

HeartLight Center does not discriminate on the basis of race, color, religion, sex, national origin, gender identity, age, disability, marital status or political affiliation.

Observers and Participants:

We ask anyone who attends group be in a space where they are participating as a griever, rather than an educational opportunity. If you want to learn about grief support groups by observing and not participating, we invite you to attend trainings or to watch our Open Support Group videos as groups are not a learning or observational environment.

Resources and Additional Support:

If you are unable to meet cost requirements for a program, please contact us to discuss financial arrangements.

If you have any questions about programs or need additional resources, reach us at info@heartlightcenter.org or 720-748-9908.



720-748-9908
info@heartlightcenter.org
www.heartlightcenter.org

Website

