

# Tennessee 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.



## IN-PERSON 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.

#### LOSS OF A SPOUSE/PARTNER

Upcoming dates: TBD

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. More details and registration coming soon!

### 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.



#### ZENTANGLE WORKSHOP

Details to be announced!

Zentangle is a structured drawing method using repetitive patterns, called "tangles," to create intricate, abstract designs, promoting relaxation, focus, and mindful creativity. More details and registration coming soon!

### WE ARE GROWING IN TENNESSEE:

We are working on bringing more programming to your area, and we want to hear about what you are looking for. If you have a specific request, any questions or would like more information, please contact us by phone, email, or scanning QR Code. We look forward to hearing from you!



HeartLight



Website

720-748-9908

info@heartlightcenter.org

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## VIRTUAL 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 TO ALL:

##### **Growing Through Grief**

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

##### **Growing Through Grief**

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

#### LOSS OF A SPOUSE OR PARTNER:

##### **Loss of Spouse/Partner**

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

#### LOSS OF A PARENT/CAREGIVER:

##### **Loss of a Parent(s)**

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

##### **Loss of a Parent(s)**

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

#### SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

##### **Suicide Loss Grief Support**

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

##### **Substance Loss Grief Support**

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

##### **Sudden & Traumatic Loss Grief Support**

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

##### **Homicide Loss (Meets Quarterly)**

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

#### GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

##### **LGBTQ+ Grief Support**

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

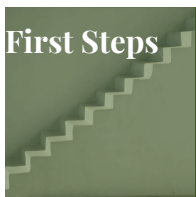
##### **Young Adults Grief Support**

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

##### **Caregiver Support**

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

## SEMINARS:



### **VIRTUAL: FIRST STEPS**

Upcoming Dates: April 9, May 14 | 5pm PT / 6pm MST / 7pm CT / 8pm 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.



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## WEEKLY CLOSED GROUP SUPPORT:

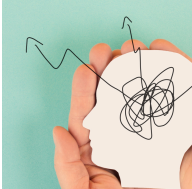
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



### FACING THE MOURNING 4-WEEK SUPPORT GROUP

May dates: Tues. May 6, 13, 20 & 27 | 3pm PT/4pm MST/5pm CT/6pm EST

An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65 plus shipping.



### 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

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.



## 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.



### 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.



### 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.



### CRAFTING YOUR NARRATIVE - WRITING AND SHARING YOUR GRIEF STORY

Sat. May 3 | 9am(PT)/ 10am (MST) /11am(CT)/ 12pm(EST)

Join facilitators Stuart and Cierra in the exploration of narrative – how we choose to tell our grief story, in various settings, and how we can gain a sense of control, remembrance and create legacy through use of the written word. Cost: \$20.



### SPRING REMEMBRANCE & CREATIVE EXPRESSION WITH BACII

Tues. May 13 | 3pm (PT)/ 4pm (MST)/ 5pm(CT)/ 6pm (EST)

BACII creator, Mangda Sengvanhpheng, joins us for an experiential online workshop that includes an art activity designed to mindfully connect us to the cycles of life to renew and deepen our experience of being alive while also holistically guiding through loss, grief and end of life. Cost: \$60.



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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.

#### **“POWER OF YOUR STORY: APPLYING NARRATIVE THERAPY TO YOUR LOSS” PRESENTED BY TED BOWMAN:**



##### **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. (For Professionals).



#### **FACING THE MOURNING FACILITATOR TRAINING**

Upcoming Dates: Fri. May 16  
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



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## MY PROGRAM CALENDAR:

Please use this space to mark down any events that interest you. Contact us with any questions, we look forward to seeing you soon.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April		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				



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May				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		