

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.



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:



LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. May 21, June 18, July 16 | 4:00-5:30 PM | Smith Professional Building

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 third Wednesday.

GENERAL GRIEF GROUP: OPEN SUPPORT FOR ALL GRIEF

Upcoming dates: Wed. May 7, June 4, July 2 | 4:00-5:30 PM | Smith Professional Building

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Meets in-person on the first Wednesday monthly.

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

www.heartlightcenter.org



Smith
LIFE & LEGACY

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VIRTUAL PROGRAMS

ONGOING DROP-IN GRIEF SUPPORT GROUPS:

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Learn More:



VIRTUAL: 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

VIRTUAL: LOSS OF A SPOUSE OR PARTNER:

Loss of Spouse/Partner

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

VIRTUAL: 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

VIRTUAL: 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

VIRTUAL: 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

Family Caregiver Circle

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

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SEMINARS:



VIRTUAL: FIRST STEPS

Upcoming Dates: May 14, June 11 | 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.



WEEKLY CLOSED GROUP SUPPORT:

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



VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

June dates: Wed. June 4, 11, 18 & 25 | 10am PT/11am MST/12pm CT/1pm 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.



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.



VIRTUAL: 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.



VIRTUAL: 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.



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.



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TRAINING AND EDUCATION

SPECIALTY PROGRAM FOR THE COMMUNITY



VIRTUAL: SUPPORTING GRIEVING KIDS WITH JUDI'S HOUSE

Upcoming Dates: Tues. May 13, Sat. May 17 | 10am (MST) on Saturdays; 6pm (MST) on Tuesdays

These free virtual workshops for parents, guardians, and adult family members are offered monthly and are limited in size to ensure participants can ask questions and get answers from the experts at Judi's House - a Colorado-based nonprofit who supports grieving children and their families.



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. 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. Feel free to contact us with any questions.
We look forward to seeing you soon.

May

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

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					

