

# Virtual Grief Support Programs



## **GROWING THROUGH GRIEF**

An ongoing peer support and educational group for people who have experienced a death loss, at any time and of any relationship. Helpful for those who are newly bereaved and/or new to our program.

## **LOSS OF SPOUSE/PARTNER**

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.

## **LOSS OF A PARENT(S)**

An ongoing peer support and educational group for people who have experienced the death of a parent or adult caregiver. Regardless of how long ago the death occurred, you are welcome to attend.

## **SUICIDE LOSS GRIEF SUPPORT**

An ongoing peer support and educational group for people who have experienced a suicide death-loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend.

## **LGBTQ+ GRIEF SUPPORT GROUP**

An ongoing peer support and educational group for adult members of the LGBTQIA+ community who have experienced a death loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend.

## **YOUNG ADULTS GRIEF SUPPORT GROUP**

An ongoing peer support and educational group for individuals 18-30 years of age who have experienced a death loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend.

## **SUBSTANCE LOSS GRIEF SUPPORT GROUP**

An ongoing peer support and educational group for people who have experienced a death loss where substance use, abuse or overdose are part of the life or death narrative. Regardless of how long ago the death occurred, you are welcome to attend. \*Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

## **SUDDEN & TRAUMATIC LOSS GRIEF SUPPORT GROUP**

An ongoing peer support and educational group for people who have experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Regardless of how long ago the death occurred, you are welcome to attend.

## **CAREGIVER SUPPORT GROUP**

If you are a caregiver, or have lost someone you cared for, you are invited to attend our new monthly ongoing peer support and educational group for caregivers. We will share about experiences, ideas and support for current and past caregivers. Anticipatory grief is welcome to join.

HeartLight



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