

# Colorado Grief Support 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:

#### 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 first 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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# 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 Family Caregiver Circle

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

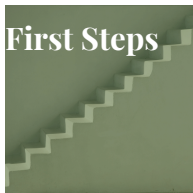
### Virtual Young Adults Grief Support

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

### Denver Family Caregiver Potluck (Meets Quarterly)

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

## SEMINARS:



### VIRTUAL: FIRST STEPS

Upcoming Dates: April 16  
, 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.



● Denver ● Virtual ● Arvada ● Centennial

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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

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 Denver: Tuesdays, April 1, 8, 15 & 22 | 4:00-5:30 PM**

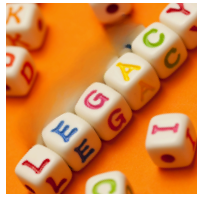
**HeartLight Center Denver: Sat. Apr 5, 12, 19 & 26 | 10:00-11:30 AM**

**Horan & McConaty Thornton Dates: Thurs. May 1, 8, 15 & 22 | 4:00-5:30pm**

**Horan & McConaty Lakewood Dates: Mon. May 5, 12, 19 & Wed May 28 | 4:30-6:00 PM**

**Virtual Dates: Tues. May 6, 13, 20 & 27 | 3-4:30pm PT/4-5:30pm MST/5-6:30pm CT/6-7:30pm EST**

**Horan & McConaty Centennial Dates: Tues. May 20, 27, June 3 & 10 | 5:00-6:30 PM**



### DENVER: LEGACIES OF LOSS 6-WEEK SUPPORT GROUP

**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**

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

**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.



## 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.



### DENVER: HEALING IN NATURE – FINDING YOURSELF AFTER LOSS

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

Spending time in a few areas, we move at a relaxed, mindful pace. 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 ● Virtual ● Arvada ● Centennial ● Lakewood ● Thornton

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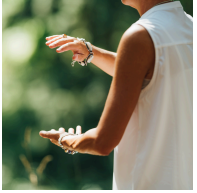
## SPECIAL GRIEF WORKSHOPS:



### 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

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.



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

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

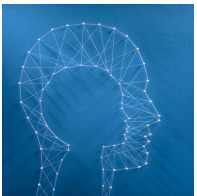
Join facilitators Stuart and Cierra in the exploration of narrative – how we choose to tell our grief story, in various settings, and how we can gain a sense of control, remembrance and create legacy through use of the written word. Cost: \$20.



### DENVER: SPRING REMEMBRANCE CEREMONY

Sat. May 3 | 10:00 AM-12:00 PM | HeartLight Center

Please join us for a memorial service and candle lighting ceremony, in partnership with Arapahoe Community College. Light refreshments will be served. All are welcome.



### DENVER: ADULTS GRIEVING A LOSS IN CHILDHOOD

Sat. May 10 | 10:00 AM-12:00 PM | HeartLight Center

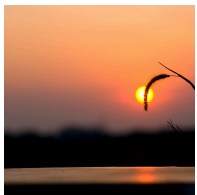
Death experiences in childhood are often foundational but aren't always discussed in the home. Please join us for a time of remembrance, discussion, engaging in a creative project involving mask making, and sharing about the lifelong impacts of significant death losses in childhood. Cost: \$35.



### VIRTUAL: SPRING REMEMBRANCE & CREATIVE EXPRESSION WITH BACII

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

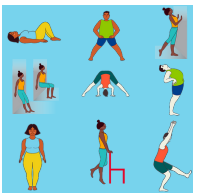
BACII creator, Mangda Sengvanhpheng, joins us for an experiential online workshop that includes an art activity designed to mindfully connect us to the cycles of life to renew and deepen our experience of being alive while also holistically guiding through loss, grief and end of life. Cost: \$60.



### DENVER: NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

Sat. May 17 | 10:00 AM-12:00 PM | HeartLight Center

For those who are at least 5+ years out from a death loss, join us in a quarterly, intentional space for remembrance, support and honoring how grief changes over time and how we still carry our grief. Coffee and tea provided.



### DENVER: INTRO TO TRE® – TENSION & TRAUMA RELEASE EXERCISES

Sat. May 31 | 10:00 AM-12:00 PM | HeartLight Center

This intro class provides simple exercises that can assist the body in releasing stress, tension and the physical effects of trauma. Cost: \$30.



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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: "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).



#### **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



**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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# 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.

| Sunday       | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |    |
|--------------|--------|---------|-----------|----------|--------|----------|----|
| <b>April</b> |        | 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       |        |          |    |



| Sunday     | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |    |
|------------|--------|---------|-----------|----------|--------|----------|----|
| <b>May</b> |        |         |           | 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 |