

Virtual 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:

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

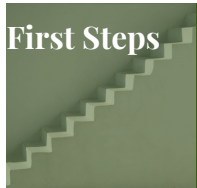
Young Adults Grief Support

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

Family Caregiver Circle

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

SEMINARS:



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.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website



WEEKLY CLOSED GROUP SUPPORT:

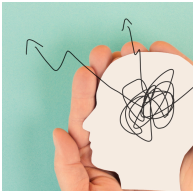
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



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:

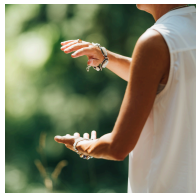
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



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.

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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