

New Mexico 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 90 minute group.

Scan to Register or Learn More



THE GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS:

Albuquerque At UrbanMama505 Kombuchery
Meets monthly on the first Wednesday at 6 PM
(1014 Central Ave SW, Studio A, Albuquerque, NM 87102)

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:

Albuquerque At Daniels Family Funerals - Wyoming
Meets monthly on the first Monday at 5:30 PM
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

Virtual

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

LOSS OF A CHILD:

Albuquerque at Daniels Family Funerals - Carlisle
Meets monthly on the first Tuesday at 5:30 PM
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

Albuquerque Family Caregiver Circle
At Daniels Family Funerals - Strong-Thorne
Meets monthly on the second Monday at 4:30 PM
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

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

Virtual LGBTQ+ Grief Support

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

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

● Virtual ● Albuquerque

Starting
Soon!

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Albuquerque Sudden & Traumatic Loss Group
At Daniels Family Funerals - Carlisle
Meets monthly on the second Wednesday at 5:30 PM
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

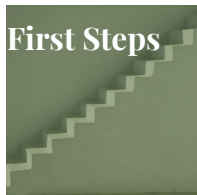
Virtual Sudden & Traumatic Loss Grief Support
Meets monthly on the fourth Tuesday
5:30pm PT/ 6:30pm MST/ 7:30pm CT/ 8:30 ET

Virtual Substance Loss Grief Support
Meets monthly on the fourth Thursday
6pm PT / 7pm MST / 8pm CT / 9pm ET

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

SEMINARS:



VIRTUAL: FIRST STEPS

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.

Upcoming Dates: April 16, May 14
Start Time: 5pm PT/ 6pm MST/ 7pm CT/ 8pm EST



WEEKLY CLOSED GROUP SUPPORT:

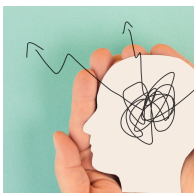
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

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



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.



● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





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.



ALBUQUERQUE: COMFORT FOOD DINNER

Thurs. April 24 | 5:30–7:30 PM | Bosque Trails Hospice
303 San Mateo Blvd NE, Suite 104, Albuquerque, NM 87108

We will serve comforting food and create a space for sharing experiences, meals, and beverages. While bringing a dish is not required or expected, you are welcome to contribute if it feeds your wellbeing. In partnership with Bosque Trails Hospice.



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.



VIRTUAL: 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.



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 ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





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.

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



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	
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			



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