

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)

Centennial At Horan & McConaty

Meets monthly on the second Monday at 5:00 PM
(5303 E County Line Rd. Centennial, CO 80122)

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

Starting
in June

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)

● Denver ● Virtual ● Arvada ● Centennial

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

In partnership with


HORAN & McCONATY
FUNERAL SERVICE AND CREMATION


HeartLight
Center



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

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)

LOSS OF A PARENT/CAREGIVER:

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)

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

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:

Denver Family Caregiver Potluck (Meets Quarterly)

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

Virtual LGBTQ+ Grief Support

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

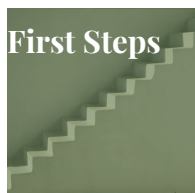
Virtual Family Caregiver Circle

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

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.



● 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 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

HeartLight Center Denver: Tues. June 3, 10, 17 & 24 | 4:00-5:30 PM

Virtual Dates: Wed. June 4, 11, 18 & 25 | 10-11:30am PT/11-12:30pm MST/12-1:30pm CT/1-2:30pm EST



DENVER: LEGACIES OF LOSS 6-WEEK SUPPORT GROUP

Tues. May 8, 13, 20, 27, June 3 & 10 | 4-5:30 PM | 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.



DENVER: NEW BEGINNINGS 6-WEEK GROUP

Wed. June 4, 11, 18, 25, July 2 & 9 | 10-11:30am | HeartLight Center

The 6 interactive meetings will deal with many of the difficult topics that arise during the first year after the loss of a spouse/partner. You will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose. Cost: \$60



SPECIAL GRIEF WORKSHOPS:

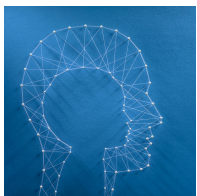
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



DENVER: 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.



● Denver ● Virtual ● Arvada ● Centennial ● Lakewood ● Thornton

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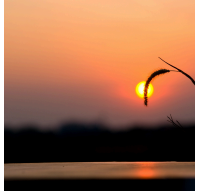
SPECIAL GRIEF WORKSHOPS:



VIRTUAL: SPRING REMEMBRANCE & CREATIVE EXPRESSION WITH BACII

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

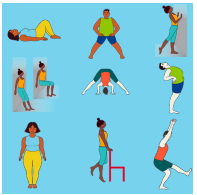
BACII creator, Mangda Sengvanhpheng, joins us for an experiential online workshop that includes an art activity designed to mindfully connect us to the cycles of life to renew and deepen our experience of being alive while also holistically guiding through loss, grief and end of life. Cost: \$60.



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.



DENVER (LYONS): HEALING WITH HORSES

Sat. June 7, July 19 & Aug 23 | 10:00 AM-4:00 PM | Private ranch in Lyons, Colorado

Join a one-day workshop to let the healing power of horses help you as we slow down, reflect, and have some fun together. In partnership with Dancing Spirit Equine Facilitated Learning and Coaching, LLC and TRU Community Care. Cost: \$100.



DENVER: OPEN HEART STUDIO

Sat. June 7 | 9:00-11:30 AM | HeartLight Center

We invite you to share in a creative space to help explore and connect about grief through art. No past art experience required. Featured Activity: Gardening with Grief – using Kintsugi to help process grief and design a planter to plant seeds. Cost: \$40.



DENVER: REMEMBERING BELOVED FRIENDS

Sun. June 8 | 4:00-6:00 PM | Horan & McConaty Colorado Blvd.

In honor of National Best Friends Day, this dedicated time provides a safe place for individuals who are grieving the death of a friend through a meaningful remembrance ceremony to bring comfort and connection to the friends we are missing.



DENVER: TENDING TO YOUR GRIEF - ONE DAY GRIEF RETREAT

Thurs. June 12 | 10:00 AM-4:00 PM | HeartLight Center

In partnership with Christian Living Communities, we hope you will join us in a day-long space of connection, support and healing as we explore our grief through gentle movements, creative expression, and self-care practices. Doors open at 9am. Cost: \$100, includes lunch and supplies



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.



● Denver
 ● Virtual
 ● Arvada
 ● Centennial

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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



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.

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					

