

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 SUPPORT FOR ALL GRIEF:

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)

New!

Centennial At Horan & McConaty

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

Denver Never Forgotten (5 + years) (Meets Quarterly)

Meetings: August 9 and November 15 at 10 AM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual

Meets monthly on the first Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual

Meets monthly on the third Tuesday
3pm PT / 4pm MT / 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 55 and Younger -After 6 Months)
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, call to register)

New!

Lakewood At Horan & McConaty

Meets monthly on the third Tuesday at 4 PM
(3101 S Wadsworth Blvd, Lakewood, CO 80227)

Virtual

Meets monthly on the second Wednesday
5pm PT / 6pm MT / 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
(6972 S Vine St. Centennial, CO 80122)

● Denver ● Virtual ● Arvada ● Centennial ● Lakewood

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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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(S):

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 fourth Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual

Meets monthly on the second 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: September 9 and December 9
3pm PT / 4pm MT / 5pm CT / 6pm ET

Virtual Suicide Loss Grief Support

Meets monthly on the second Thursday
5pm PT / 6pm MT / 7pm CT / 8pm ET
Starting in July! Meets monthly on the fourth Thursday
3pm PT / 4pm MT / 5pm CT / 6pm ET

Virtual Sudden & Traumatic Loss Grief Support

Meets monthly on the fourth Tuesday
5:30pm PT / 6:30pm MT / 7:30pm CT / 8:30 ET

Virtual Substance Loss Grief Support

Meets monthly on the fourth Thursday
6pm PT / 7pm MT / 8pm CT / 9pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

Denver Family Caregiver Potluck (Meets Quarterly)

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 MT / 6pm CT / 7pm ET

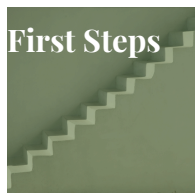
Virtual Family Caregiver Circle

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

Virtual Young Adults Grief Support (18-30)

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

SEMINARS:



VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

Upcoming Dates: July 16, Aug 20 | 11am PT / 12pm MT / 1pm CT / 2pm ET

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

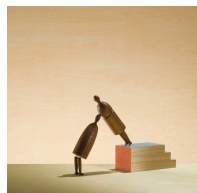
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.

Horan & McConaty Colorado Blvd. Denver: Tues. Jul 8, 15, 22 & 29 | 4-5:30 PM

HeartLight Center: Tues. Aug 5, 12, 19 & 26 | 4-5:30 PM

Horan & McConaty Lakewood: Mon. Aug 4, 11, 18 & 25 | 4:30-6 PM

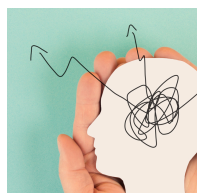
Virtual: Tues. Aug 5, 12, 19 & 26 | 4:30-6 PM



DENVER: RELATIONSHIPS AND GRIEF 4-WEEK GROUP

Tues. July 8, 15, 22 & 29 | 10-11:30 AM | HeartLight Center

Join us for this meaningful 4-week group that will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves. Minimum of 6 participants required for group to be held. Cost: \$60. Registration is required.



VIRTUAL: THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

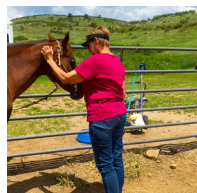
Thurs. July 17, 31, August 14, 28, September 11 | 4:30pm PT/ 5:30pm MT/ 6:30pm CT/ 7:30pm ET

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. **If this group is full, please request to be added to the waitlist for the next offering.*



SPECIAL GRIEF WORKSHOPS:

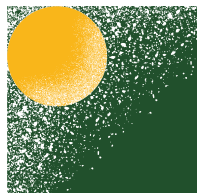
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



DENVER (LYONS): HEALING WITH HORSES

Sat. 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.



VIRTUAL: GOAL SETTING IN THE NEW YEAR: A MID-YEAR CHECK-IN

Sat. July 19th | 8:30am PT/9:30am MT/10:30am CT/11:30am ET

A follow-up from the "Goal Setting in the New Year" workshop. Get some support and check-in intentionally with our goals and self-care needs. We will discuss progress and self-compassion, coping strategies and self-care needs, and check-in with ourselves, our goals and each other.



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

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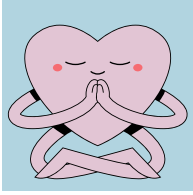
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SPECIAL GRIEF WORKSHOPS CONT:

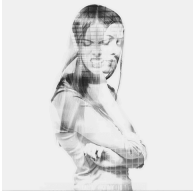
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



DENVER: YOGA FOR A GRIEVING HEART 2-PART PROGRAM

Tues. July 22nd & 29th | 4:00-6:00 PM | HeartLight

Heather, certified yoga practitioner, will guide you through gentle flow and movements that can be used for gentle care of yourself and your body using simple yoga methods in a 2-part series to help begin a foundational practice of using yoga to tend to your grief and self-care. Cost: \$40.



DENVER: THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri. July 25 | 10:00 AM-12:00 PM | HeartLight Center

Anger is a "stage" of grief that doesn't often get talked about, yet is an emotion everyone feels. Join us in a space dedicated to discussing and processing anger and learn tools for safely experiencing and working through this complex emotion as normal part of the grief journey. Cost: \$35.



VIRTUAL: OPEN HEART STUDIO ONLINE

Sat. Aug 2 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET

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: YOGA FOR GRIEF RELIEF

Weekly on Sundays starting Aug 3 | 11-12:00pm PT/ 12-1:00pm MT/ 1-2:00pm CT/ 2-3:00pm ET

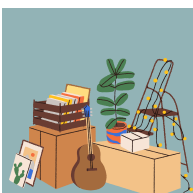
In partnership with May Wellness, join Mayde Jackson weekly on Sundays for a gentle, supportive Yoga for Grief Relief class, designed to help you navigate your emotions, release tension, and cultivate a sense of peace during this difficult time. No prior yoga experience is needed. Cost: \$30 per class.



DENVER: THE ANGER OF GRIEF – PART 2

Fri. Aug 15 | 10:00 AM -12:00 PM | Rosamond Park (8051 E Quincy Ave, Denver, CO 80237)

In continuing the discussion at the first workshops in March and July, we welcome sitting with anger again. We will be working with paint as a creative and expressive activity, embracing and working with our anger. Cost: \$35.



VIRTUAL: TOOLS FOR HANDLING PERSONAL BELONGINGS AFTER LOSS

Sat August 16 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET

What do we do with the "stuff"? Join us for discussions about handling belongings after a loss, useful tools to help with sorting through the belongings, determining what to keep and what to donate, and what it is to part with certain pieces of our person's physical life. Cost: \$20.



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TRAINING AND EDUCATION

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. July 18, September 19

Start Time: 10am PT/ 11am MT/ 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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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
August					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						

