

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:

NEW! East Mountains: Edgewood At Blue Feather Healing & Growth Center

Upcoming dates: July 2, Aug 6, Sept 3 | 5:00 PM
(95 NM 344, Suite 8, Edgewood, NM 87015)



Blue Feather Healing & Growth Center
Conscious Living Resources for Growth & Inspiration

Virtual

Upcoming dates: July 15, Aug 19, Sept 16
3pm PT / 4pm MT / 6pm CT / 6pm ET

Virtual

Upcoming dates: July 2, Aug 6, Sept 3
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A SPOUSE OR PARTNER:

Albuquerque At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. July 7, Aug 4 | 5:30 PM
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

Virtual

Upcoming dates: Wed. July 9, Aug 13, Sept 10
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A CHILD:

Albuquerque at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. July 1, Aug 5, Sept 2 | 5:30 PM
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

NEW! Albuquerque Family Caregiver Grief Support (Post-Loss Only)

At Daniels Family Funerals - Strong-Thorne
Upcoming dates: Mon. July 14, Aug 11, Sept 8 | 4:30 PM
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

Virtual Young Adults Grief Support

Upcoming dates: Mon. July 21, Aug 18, Sept 15
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual Family Caregiver Circle (Current & Post-Loss)

Upcoming dates: Thurs. July 3, Aug 7, Sept 4
4pm PT / 5pm MT / 6pm CT / 7 ET

Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. July 14, Aug 11, Sept 8
4pm PT / 5pm MT / 6pm CT / 7pm ET

LOSS OF A PARENT/CAREGIVER:

Virtual

Upcoming dates: Wed. July 9, Aug 13, Sept 10
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual

Upcoming dates: Wed. July 23, Aug 27, Sept 24
5pm PT / 6pm MT / 7pm CT / 8pm ET

● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



GABALDON
MORTUARY

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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Albuquerque Sudden & Traumatic Loss Group

At Daniels Family Funerals - Carlisle

Upcoming dates: Wed. July 9, Aug 13, Sept 10 | 5:30 PM

(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

Virtual Sudden & Traumatic Loss Grief Support

Upcoming dates: Tues. July 22, Aug 26, Sept 23

5:30pm PT / 6:30pm MT / 7:30pm CT / 8:30 ET

Virtual Substance Loss Grief Support

Upcoming dates: Thurs. July 24, Aug 28, Sept 25

6pm PT / 7pm MT / 8pm CT / 9pm ET

Virtual Homicide Loss (Meets Quarterly)

Upcoming dates: September 9 and December 9

3pm PT / 4pm MT / 5pm CT / 6pm ET

Virtual Suicide Loss Grief Support

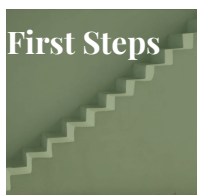
Upcoming dates: Thurs. July 10, Aug 14, Sept 11

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

Upcoming dates: Thurs. July 24, Aug 28, Sept 25

3pm PT / 4pm MT / 5pm CT / 6pm EST

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: Wed July 16, Aug 20

Start Time: 11am PT / 12pm MT / 1pm CT / 2pm ET



WEEKLY CLOSED GROUP SUPPORT:

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



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

Thurs. July 17, 31, August 14, 28, Sept 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.*



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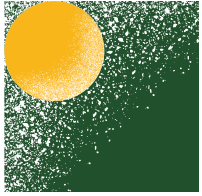
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SPECIAL GRIEF WORKSHOPS:

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.



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

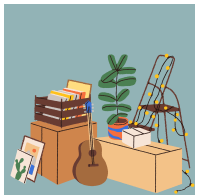
A follow-up from the "Goal Setting in the New Year" workshop. Get some support and check-in intentionally with our goals and self-care needs. We will discuss progress and self-compassion, coping strategies and self-care needs, and check-in with ourselves, our goals and each other.



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: 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 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 |
|--------|--------|---------|-----------|----------|--------|----------|
| July | | 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 | | | | |

| 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 | |

