

# 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 SUPPORT FOR ALL GRIEF:

### General Grief Group

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

### General Grief Group

Meets monthly on the third Tuesday  
3pm PT / 4pm MT / 6pm CT / 6pm ET

## LOSS OF A SPOUSE OR PARTNER:

### Loss of Spouse/Partner

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

## LOSS OF A PARENT/CAREGIVER:

### Loss of a Parent(s)

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

### Loss of a Parent(s)

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

## SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

### 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

### Substance Loss Grief Support

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

### Homicide Loss (Meets Quarterly)

Meeting: March 11, June 10, September 9 and December 9  
3pm PT / 4pm MT / 5pm CT / 6pm ET

### Sudden & Traumatic Loss Grief Support

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

## GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

### LGBTQ+ Grief Support

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

### Young Adults Grief Support

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

### Family Caregiver Circle

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



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





## SEMINARS:

### First Steps

#### FIRST STEPS

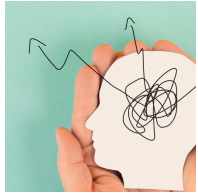
Upcoming Dates: July 16, Aug 20 | 11am PT/ 12pm MT/ 1pm CT/ 2pm ET

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.



## WEEKLY CLOSED GROUP SUPPORT:

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



#### 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.



#### FACING THE MOURNING 4-WEEK SUPPORT GROUP

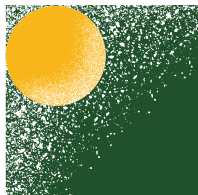
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.

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



## 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.



#### 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.



#### OPEN HEART STUDIO ONLINE

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

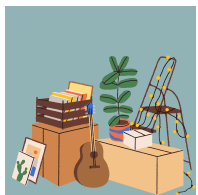
This online creative gathering will instruct the use of materials found in the home to explore our grief through use of various art activities, no prior art experience required. Cost: \$30.



#### 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.



#### 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.



HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

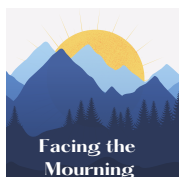
HeartLight  
Center



## 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).



#### 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.



720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

Website

HeartLight  
Center