

# Madison Grief Support Programs

*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 virtual support groups, workshops, seminars and resources for individuals who are grieving a death loss of any kind.



## IN-PERSON 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

Upcoming dates: Wed. Aug 20, Sept 17, Oct 15 | 4:00-5:30 PM | Cress Madison (East)- 3325 E Washington Ave, Madison, WI 53704  
Wed. Aug 27, Sept 24, Oct 22 | 4:00-5:30 PM | Cress Center (Far West)- 6021 University Ave, Madison, WI 53705

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Participants are welcome to bring a photo or special object to share during group. Meets on the third and fourth Wednesday monthly.

## WE ARE GROWING IN WISCONSIN:

We are working on bringing more programming to your area, and we want to hear about what you are looking for. If you have a specific request, any questions or would like more information, please contact us by phone, email, or scanning QR Code. We look forward to hearing from you!



HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





## VIRTUAL PROGRAMS

### ONGOING DROP-IN GRIEF SUPPORT GROUPS:

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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  
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: September 9, 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

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## SEMINARS:



### FIRST STEPS

Upcoming Dates: Wed Aug 20, Sept 3, Oct 8 | 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.



### 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.

Aug Dates: Tues. Aug 5, 12, 19 & 26 | 3:30-5pm PT/4:30-6pm MT/5:30-6pm CT/6:30-8pm ET

Sept Dates: Thurs. Sept 4, 11, 18 & 25 | 10-11:30am PT/ 11-12:30pm MT/ 12-1:30pm CT/ 1-2:30pm ET



## SPECIAL GRIEF WORKSHOPS:

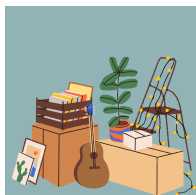
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



### 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.



### VIRTUAL: OPEN HEART STUDIO ONLINE

Sat. Sept 27 | 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.



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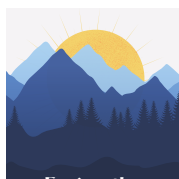
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## TRAINING AND EDUCATION

### 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).



#### FACING THE MOURNING FACILITATOR TRAINING

Upcoming Dates: Fri. 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



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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
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						

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	September			

