

# 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: Aug 6, Sept 3, Oct 1 | 6:30 PM  
(95 NM 344, Suite 8, Edgewood, NM 87015)



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

### Virtual

Upcoming dates: Tues. Aug 19, Sept 16, Oct 21  
3pm PT / 4pm MT / 6pm CT / 6pm ET

### Virtual

Upcoming dates: Wed. Aug 6, Sept 3, Oct 1  
5pm PT / 6pm MT / 7pm CT / 8pm ET

## LOSS OF A SPOUSE OR PARTNER:

### Albuquerque At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. Aug 4, \*Thurs Sept 4, Oct. 6 | 5:30 PM  
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)  
\*Please note meeting change in September due to Labor Day holiday

### Virtual

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

## LOSS OF A CHILD:

### Albuquerque at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. Aug 5, Sept 2, Oct 7 | 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. Aug 11, Sept 8, Oct 13 | 4:30 PM  
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

### Virtual Young Adults Grief Support

Upcoming dates: Mon. Aug 18, Sept 15, Oct 20  
5pm PT / 6pm MT / 7pm CT / 8pm ET

### Virtual Family Caregiver Circle (Current & Post-Loss)

Upcoming dates: Thurs. Aug 7, Sept 4, Oct 2  
4pm PT / 5pm MT / 6pm CT / 7 ET

### Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. Aug 11, Sept 8, Oct 13  
4pm PT / 5pm MT / 6pm CT / 7pm ET

## LOSS OF A PARENT/CAREGIVER:

### Virtual

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

### Virtual

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

● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



## ONGOING DROP-IN GRIEF SUPPORT GROUPS:

### SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

#### **Albuquerque Sudden & Traumatic Loss Group**

**At Daniels Family Funerals - Carlisle**

**Upcoming dates: Wed. Aug 13, Sept 10, Oct 8 | 5:30 PM**

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

#### **Virtual Sudden & Traumatic Loss Grief Support**

**Upcoming dates: Tues. Aug 26, Sept 23, Oct 21**

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

#### **Virtual Substance Loss Grief Support**

**Upcoming dates: Thurs. Aug 28, Sept 25, Oct 23**

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. Aug 14, Sept 11, Oct 9**

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

**Upcoming dates: Aug 28, Sept 25, Oct 23**

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

## GRIEF SUPPORT SPECIAL EVENTS:



#### **ALBUQUERQUE: COMFORT FOOD DINNER**

**Thurs. Aug. 21 | 5:30–7:30 PM | Bosque Trails Hospice**

**303 San Mateo Blvd NE, Suite 104, Albuquerque, NM 87108**

We will serve comforting food and create a space for sharing experiences, meals, and beverages. While bringing a dish is not required or expected, you are welcome to contribute if it feeds your wellbeing. In partnership with Bosque Trails Hospice.



#### **ALBUQUERQUE: WHOLEHEARTED GRIEF: AN EXPERIENTIAL WORKSHOP FOR HEALING AND CONNECTION**

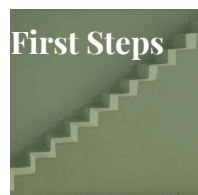
**Sept 6 & 3 | 10:00 AM - 12:00 PM | Daniels Family Funerals-Carlisle Chapel**

**3113 Carlisle Blvd NE, Albuquerque, NM 87110**

This experiential grief workshop welcomes anyone grieving the death of a loved one. Through guided activities, creative expression, and gentle movement, we'll honor your loss, explore your emotions, and connect in a supportive community. No prior therapy experience needed. Cost: \$75



## 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 Aug 20, Sept 3, Oct 8**

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



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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.

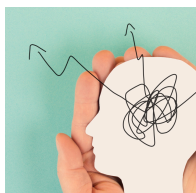


### VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

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



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

Thurs. Oct 16, 30, Nov 13, 24\*, Dec 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. *\*\*Includes one alternative date not on a Thursday to accommodate the Thanksgiving holiday.*



## SPECIAL GRIEF WORKSHOPS:

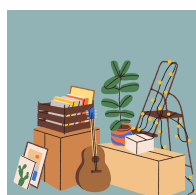
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



### VIRTUAL: 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.



### 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.



### 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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## 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. 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
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			

