

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



OPEN SUPPORT FOR ANY DEATH LOSS:

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 first Tuesday at 5:00 PM
(5303 E County Line Rd. Centennial, CO 80122)

New!

Thornton At Horan & McConaty

Meets monthly on the fourth Monday at 5:00 PM
(9998 Grant St, Thornton, CO 80229)

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

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

New!

Denver Mourning Coffee – A Social Gathering

Meets monthly on the second Friday at 10 AM (starting in Sept)
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual

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

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

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

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

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)

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)

Starting
in Oct

Virtual

Meets monthly on the third Thursday
3:30pm PT/ 4:30pm MT/ 5:30pm CT/ 6:30pm ET

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
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)

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

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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.



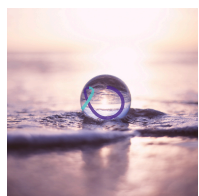
FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

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

Horan and McConaty Colo Blvd: Mon. Oct 6, 13, 20 & 27 | 4-5:30 PM

Horan and McConaty Centennial: Tues Oct 7, 14, 21 & 28 | 4-5:30 PM

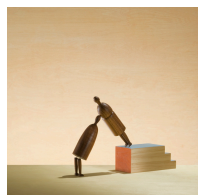


SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

This 4-week closed-group is designed for individuals coping with a suicide loss and are within their first year since the death. We will explore grief themes and topics specific to this painful and traumatic end of life in order to connect with our life going forward. Suggested donation: \$40

Denver: Tues. Sept. 2, 9, 16 & 23 | 4-5:30 PM | HeartLight Center

Virtual: Wed. Oct 8, 15, 22 & 29 | 3-4:30pm PT/ 4-5:30pm MT/ 5-6:30pm CT/ 6-7:30pm ET



DENVER: RELATIONSHIPS AND GRIEF 4-WEEK GROUP

Mon. Oct 6, 13, 20 & 27 | 10:00 AM-11:30 AM | HeartLight Center

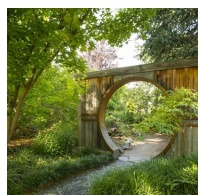
Join us for this meaningful 4-week group that will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves. Minimum of 6 participants required for group to be held. Cost: \$60. Registration is required.



DENVER: LEGACIES OF LOSS 6-WEEK GROUP

Tues. Oct 7, 14, 21, 28, Nov 4 & 11 | 10-11:30 AM | HeartLight Center

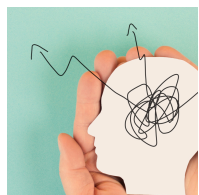
For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Cost \$60, includes materials.



DENVER: FOREST THERAPY INTERVENTION 5 SESSION GROUP

Tues. Oct 7, 14, 21, 28 & Nov 11 | 4-6:30pm MT | Denver Botanic Gardens – York Street

For those experiencing personal bereavement within their first year, learn ways to improve quality of life during bereavement through forest therapy activities. Engage in activities to help reduce the impact on physical, mental, emotional, spiritual and social states and promoting more healthy choices. Cost \$100, plus cost of admissions to the gardens. Scholarships available.



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.*



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WEEKLY OPEN, ONGOING VIRTUAL CLASS:



VIRTUAL: YOGA FOR GRIEF RELIEF

Weekly on Sundays | 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.



SEMINARS:



VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

Upcoming Dates: Sept 10, Oct 8, Nov 12 | 5pm PT/ 6pm MT/ 7pm CT/ 8pm 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.



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: Open heART Studio

Sat. Sept. 6 | 9 AM-12:00 PM | HeartLight Center

We invite you to share in a creative space to help explore and connect about grief through art. In this session, we will approach your grief through building a quilt square. No prior art or sewing experience required. Cost: \$50, includes supplies.



Virtual: Grief Support After a Homicide Loss: Quarterly Meeting

Tues. Sept 9 | 3-4:30pm PT/ 4-5:30pm MT/ 5-6:30pm CT/ 6-7:30pm ET

Join us in a quarterly meeting space to share about the unique grief experiences that occur after a homicide loss. We will come together in an intentional space for remembrance, support and honoring the lives of those we are grieving for, and how the nature of homicide loss impacts our grief.



DENVER: HEALING IN NATURE - FINDING YOURSELF AFTER LOSS

Tues. Sept 16 | 4-6:00 PM | Botanic Gardens - York Street, Denver

This sequence of nature connection activities invite you to engage with nature. We will move at a relaxed, mindful pace. At times you are alone and other times with others. Sitting. Walking. Being with nature. Reflective activities. Cost: \$20 + Cost of Admission at Denver Botanic Gardens



VIRTUAL: WRITING THROUGH GRIEF

Thurs. Sept 18 | 3-5:00pm PT/ 4-6:00pm MT/ 5-7:00pm CT/ 6-8pm ET

Explore grief through the written word in poetry, prose, and reflective writing - how we choose to tell our grief story, in various written forms, can help us create a sense of meaning, remembrance and create legacy through use of the written word. Cost: \$20.



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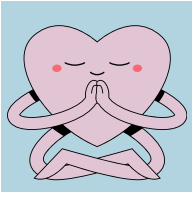
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SPECIAL GRIEF WORKSHOPS CONT:

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

Sat. Sept 27 & Oct 4 | 9:30-11:30am | HeartLight Center

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 (LYONS): HEALING WITH HORSES

Sat. Sept 27 | 10 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: OPEN HEART STUDIO ONLINE

Sat. Oct 4 | 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.



CENTENNIAL: LITTLE LIVES REMEMBERED: PREGNANCY, INFANT & YOUNG CHILD LOSS REMEMBRANCE FOR FAMILIES

Sun Oct 5 | 2-5:00 PM | Horan & McConaty Centennial

We welcome families to join us in a special, loving space for remembrance and sharing specific to pregnancy, infant, or young child death loss. This time will be spent in healing community with others, sharing in special remembrance activities, a memorial program, and access to support from various local resources. Suggested Donation: \$25



DENVER: FAMILY CAREGIVER POTLUCK DINNER GATHERING

Sat. Oct 14 | 6-8:00 PM | HeartLight Center

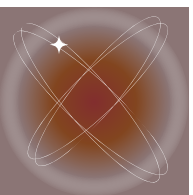
If you are a caregiver, or have lost someone you cared for, you are invited to attend our Caregiver Dinner, offered quarterly. We will serve comforting food, and share about caregiving experiences, anticipatory grief, ideas and support for current and past caregivers.



DENVER: INTRO TO TRE® - TENSION & TRAUMA RELEASE EXERCISES

Sat. Oct 18 | 10:00 AM - 12:00 PM | HeartLight Center

This intro class provides simple exercises that can assist the body in releasing stress, tension and the physical effects of trauma. Cost: \$30.



VIRTUAL: CONTINUING BONDS

Tues. Oct 21 | 5:30-7:30pm PT/ 6:30-8:30pm MT/ 7:30-9:30pm CT/ 8:30-10:30pm ET

Join Ariela HaLevi, Shamanic Energy Healer, as we explore the healing journey to connect to the spark of your loved one and reignite the spark inside of you. This workshop provides a holistic approach to connecting to your loved ones on the other side as you journey through loss. Cost: \$50.



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TRAINING AND EDUCATION

UPCOMING EDUCATIONAL SIGNATURE SERIES:

HeartLight hosts experts to speak on various grief and loss topics throughout the year.
Seminars are presentational and all are invited to learn.

VIRTUAL: HOLIDAYS AFTER SIGNIFICANT LOSS PRESENTED BY LITSA WILLIAMS AND ELEANOR HALEY OF WHAT'S YOUR GRIEF

Program for Professionals:

Grief Support for Continuing Bonds and Holiday Traditions (FREE CEUs)

Tues. Nov 4th | 8am PT/ 9am MT/ 10Am CT/ 11am ET | On Zoom

Program for Anyone Who is Grieving or Supporting a Griever:

Rewriting the Holidays After Loss

Tues. Nov 4th | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET | On Zoom

what's
your
grief?



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, Nov. 21

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.

HeartLight



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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
	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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October			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	

