

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: 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. Sept 16, Oct 21
3pm PT / 4pm MT / 6pm CT / 6pm ET

Virtual

Upcoming dates: Wed. 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: *Thurs Sept 4, Mon. 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. 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. Sept 2, Oct 7 | 5:30 PM
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

Albuquerque Family Caregiver Grief Support (Post-Loss Only) At Daniels Family Funerals - Strong-Thorne

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

Virtual Family Caregiver Circle (Current & Post-Loss)

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

Virtual LGBTQ+ Grief Support

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

Starting
in Oct

Virtual Loss of a Sibling

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

● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

LOSS OF A PARENT/CAREGIVER:

Virtual

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

Virtual

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

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Albuquerque Sudden & Traumatic Loss Group

At Daniels Family Funerals - Carlisle

Upcoming dates: Wed. 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. Sept 23, Oct 21

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

Virtual Substance Loss Grief Support

Upcoming dates: Thurs. 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. Sept 11, Oct 9

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

Upcoming dates: Sept 25, Oct 23

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

GRIEF SUPPORT SPECIAL EVENTS:



Albuquerque: Save the date! Celebrate Dia De Los Muertos with HeartLight Center and Daniels Family Funerals – Carlisle Chapel on October 18

Oct. 18 2025

More details to come!

WEEKLY OPEN, ONGOING VIRTUAL CLASS:



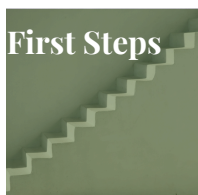
VIRTUAL: YOGA FOR GRIEF RELIEF

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.



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: Sept 10, Oct 8, Nov 12

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.



VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

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: 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.*



VIRTUAL: SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

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

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



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: WRITING THROUGH GRIEF

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

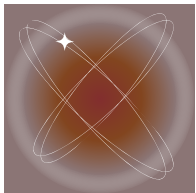
Explore grief through the written word in poetry, prose, and reflective writing – how we choose to tell our grief story, in various written forms, can help us create a sense of meaning, remembrance and create legacy through use of the written word. Cost: \$20.



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.



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



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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	

