

# Madison Grief Support Programs



## 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:



#### GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS

Upcoming dates: Wed. Oct 15, Nov 19, Dec 17 | 4:00-5:30 PM | Cress Madison (East)- 3325 E Washington Ave, Madison, WI 53704

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 Wednesday monthly.

#### \*NEW!\* LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. Oct 22, \*Nov 12, \*Dec 10 | 5:00-6:30 PM | Cress Center (Far West)- 6021 University Ave, Madison, WI 53705

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets on the fourth Wednesday monthly. \*Please note date changes for Nov & Dec due to holidays.

### WEEKLY CLOSED GROUP SUPPORT:



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

Tues. Nov 11, 18, Dec 2 & 9 | 5:30-7:00 PM | Cress 3610 Speedway Road, Madison, WI 53705

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



### GRIEF SUPPORT SPECIAL EVENTS:

#### GRIEF & THE HOLIDAYS

Mon. Nov 17 | 5:30-7:30 PM | Cress Waunakee - 5785 Hwy Q, Waunakee WI 53597

Mon. Dec 15 | 5:30-7:30 PM | Cress Sun Prairie - 1310 Emerald Terrace, Sun Prairie WI 53590

This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20.



#### COMMUNITY REMEMBRANCE AND CANDLE LIGHTING

Sun. Dec 7 | 1 PM – Registration will begin, 2 PM – Service & candle lighting  
Cress Speedway - 3610 Speedway Road, Madison WI 53705

Please join us for a special Holiday Remembrance Service — a time to gather together in community, honor the memory of those who have died, to find comfort and support as we journey through the holidays. All are invited, and all are welcome.



HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



## VIRTUAL 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:

##### **Grief Support Circle**

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

##### **Grief Support Circle**

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

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

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

##### **Homicide Loss (Meets Quarterly)**

Meeting: September 9, December 9  
3pm PT / 4pm MT / 5pm CT / 6pm 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

Starting  
in Oct

##### **Loss of a Sibling**

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

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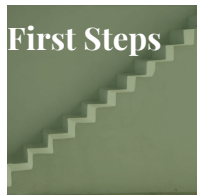
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## SEMINARS:



### FIRST STEPS

Upcoming Dates: 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.



## WEEKLY OPEN, ONGOING CLASS:



### 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.



## WEEKLY CLOSED GROUP SUPPORT:

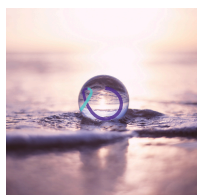
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



### FACING THE MOURNING 4-WEEK SUPPORT GROUP

Fri. Nov 7 14, 21, & Dec 5 | 3-4:30pm PT/ 4-5:30pm MT/ 5-6:30pm CT/ 6-7:30pm 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.



### 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



### 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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## SPECIAL GRIEF WORKSHOPS:

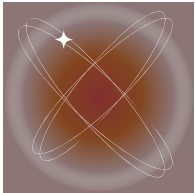
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



### 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.



### 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.



### GRIEF & THE HOLIDAYS

Sat. Nov 15 & Sat. Dec 13 | 8:30am PT/9:30am MT/10:30am CT/11:30am ET

This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20.



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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.

#### 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 4<sup>th</sup> | 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

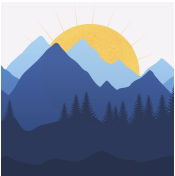
Tues. Nov 4<sup>th</sup> | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET | On Zoom

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).



#### FACING THE MOURNING FACILITATOR TRAINING

Upcoming Dates: Fri. 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.

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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
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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November						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						

