

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:

East Mountains: Edgewood At Blue Feather Healing & Growth Center

Upcoming dates: Wed. Nov 5, Dec 3 | 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. Nov 18, Dec 16
3pm PT / 4pm MT / 6pm CT / 6pm ET

Virtual

Upcoming dates: Wed. Nov 5, Dec 3
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A SPOUSE OR PARTNER:

Albuquerque At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. Nov 3, Dec 1 | 5:30 PM
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

Virtual

Upcoming dates: Wed. Nov 12, Dec 10
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A CHILD:

Albuquerque at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. Nov 4, Dec 2 | 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. Nov 10, Dec 8 | 4:30 PM
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

Virtual Family Caregiver Circle (Current & Post-Loss)

Upcoming dates: Thurs. Nov 6, Dec 4
4pm PT / 5pm MT / 6pm CT / 7 ET

Virtual Young Adults Grief Support

Upcoming dates: Mon. Nov 17, Dec 15
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. Nov 10, Dec 8
4pm PT / 5pm MT / 6pm CT / 7pm ET

Virtual Loss of a Sibling

Upcoming dates: Thurs. Nov 20, Dec 18
3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

New!

● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

LOSS OF A PARENT/CAREGIVER:

NEW!

East Mountains: Tijeras At Los Vecinos Community Center

Upcoming dates: Wed. Nov 19, Dec 17 | 5:30 PM
(478 NM-333, Tijeras, NM 87059)

In partnership with Embracing the Journey and Bernalillo County
Community Services

Virtual

Upcoming dates: Wed. Nov 12, Dec 10
5pm PT / 6pm MT / 7pm CT / 8pm ET

Upcoming dates: Wed. Nov 26, Dec 26
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. Nov 6*, Dec 10 | 5:30 PM

**Includes one alternative date not on a second Wednesday*

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

Virtual Sudden & Traumatic Loss Grief Support

Upcoming dates: Tues. Nov 25, Dec 23

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

Virtual Substance Loss Grief Support

Upcoming dates: Thurs. Nov 20*, Dec 18*

6pm PT / 7pm MT / 8pm CT / 9pm ET

Virtual Homicide Loss (Meets Quarterly)

Upcoming dates: December 9

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

Virtual Suicide Loss Grief Support

Upcoming dates: Thurs. Nov 13, Dec 11

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

Upcoming dates: Thurs. Nov 27*

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

GRIEF SUPPORT SPECIAL EVENTS:



ALBUQUERQUE: GRIEF AND THE HOLIDAYS WORKSHOP

Nov. 17 | 5:30-7:30 PM | Daniels Family Funerals - Strong Thorne Mortuary
1100 Coal Ave SE, Albuquerque, NM 87106

The holiday season can feel overwhelming when you're grieving. Join us for a supportive workshop to help you navigate this time in a way that honors your grief. We'll share tips on coping with emotions, handling traditions, and managing social or family gatherings.



ALBUQUERQUE: HEARTSGIVING: COMFORT FOOD DINNER

Nov. 20 | 5:30 – 7:30 PM | Daniels Family Funerals – Carlisle Chapel
3113 Carlisle Blvd. NE, Albuquerque, NM 87110

A cozy, pre-holiday gathering for griever, their supporters, and family caregivers. Join us for an evening of comfort food, connection, and community. This Heartsgiving gathering is a chance to rest, reflect, and simply be with others who truly get the grief experience before the holidays.



ALBUQUERQUE: HOLIDAY LOVE AND LIGHT: A REMEMBRANCE EVENT

Dec. 16 | 5:30 – 7:30 PM | Daniels Family Funerals – Carlisle Chapel
3113 Carlisle Blvd. NE, Albuquerque, NM 87110

You are warmly invited to join us for our family-friendly holiday memorial service and candle lighting ceremony. The program will last about 45 minutes, followed by time for fellowship and memorial ornament crafts. Refreshments will be served. All faiths welcome.



ALBUQUERQUE: LIGHTING THE WAY: LUMINARIA REMEMBRANCE EVENT

Dec. 24 | 10:00 – 2:00 PM | Gabaldon Mortuary
1000 Old Coors Dr SW, Albuquerque, NM 87121

Join us for a special day of remembrance with Gabaldon Mortuary. Create luminaria bags to honor loved ones and connect with others in a warm, supportive community. Light refreshments and activities provided.



● Virtual ● Albuquerque

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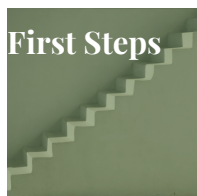
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SEMINARS:



VIRTUAL: FIRST STEPS

Upcoming Dates: Nov 12, Dec 10 | 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:



VIRTUAL: YOGA FOR GRIEF RELIEF

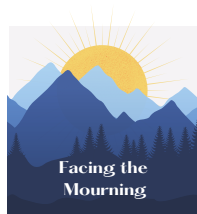
Weekly on Sundays | 11-12:00pm PT/ 12-1:00pm MT/ 1-2:00pm CT/ 2-3:00pm ET

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.



WEEKLY CLOSED GROUP SUPPORT:

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

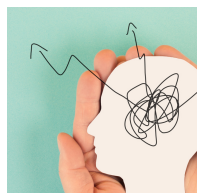


VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

Tues. Dec 2, 9, 16 & 23 | 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

The Grieving Brain group will be returning on a quarterly virtual basis in 2026! Next Group: Jan. 15

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.



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: 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.



● Virtual ● Albuquerque

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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. 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
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						



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	31	December		