

# 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. Oct 1, 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. Oct 21, Nov 18, Dec 16  
3pm PT / 4pm MT / 6pm CT / 6pm ET

### Virtual

Upcoming dates: Wed. Oct 1, 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. Oct 6, Nov 3, Dec 1 | 5:30 PM  
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

### Virtual

Upcoming dates: Wed. Oct 8, 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. Oct 7, 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. Oct 13, Nov 10, Dec 8 | 4:30 PM  
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

### Virtual Young Adults Grief Support

Upcoming dates: Mon. Oct 20, Nov 17, Dec 15  
5pm PT / 6pm MT / 7pm CT / 8pm ET

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

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

### Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. Oct 13, Nov 10, Dec 8  
4pm PT / 5pm MT / 6pm CT / 7pm ET

### Virtual Loss of a Sibling

Upcoming dates: Thurs. Oct 16, 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. Oct 15, 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. Oct 8, Nov 12, Dec 10

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

Upcoming dates: Wed. Oct 27, Nov 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. Oct 8, 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. Oct 21, Nov 25, Dec 23

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

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

Upcoming dates: Thurs. Oct 23, 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. Oct 9, Nov 13, Dec 11

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

Upcoming dates: Thurs. Oct 23, Nov 27\*

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

## GRIEF SUPPORT SPECIAL EVENTS:



#### **Albuquerque: Marigolds and Memories - A Community Dia De Los Muertos Celebration**

Oct. 18 | 12:00 – 3:00 PM | Daniels Family Funerals – Carlisle Chapel

3113 Carlisle Blvd. NE, Albuquerque, NM 87110

Join us for a free family-friendly Día de Los Muertos celebration. Build your own ofrenda with gift bags, contribute to the community ofrenda, and take part in mini grief workshops and support circles. Enjoy live music, traditional food, arts and crafts, face painting, and a photo booth.



#### **Albuquerque: Grief and the Holidays Workshop**

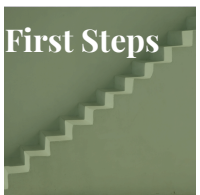
Nov. 17 | 5:30-7:30 PM | Daniels Family Funerals - Strong Thorne Mortuary

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. You're not alone—let's find ways to make the season more manageable together.



## 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: Oct 8, Nov 12, Dec 10

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



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## WEEKLY CLOSED GROUP SUPPORT:

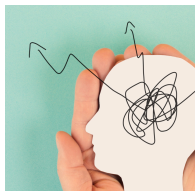
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



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

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

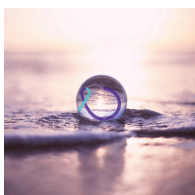
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



### 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:

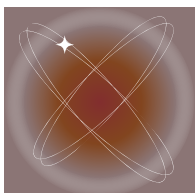
Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



### VIRTUAL: 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.



### VIRTUAL: GRIEF & THE HOLIDAYS

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

No matter what you celebrate, it's important to know that you aren't alone during holidays. 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.



● 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 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).



**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
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
						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	November					

