Virtual 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:

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

Family Caregiver Circle

Meets monthly on the first Thursday 4pm PT/5pm MT/6pm CT/7 ET

Young Adults Grief Support

Meets monthly on the third Monday 5pm PT / 6pm MT / 7pm CT / 8pm ET



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







SEMINARS:



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:



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 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.



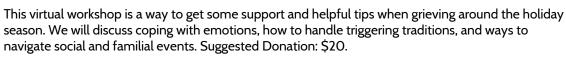
SPECIAL GRIEF WORKSHOPS:

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.



GRIEF & THE HOLIDAYS

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











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^{th} | 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

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.



