

Colorado 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:

Denver At HeartLight Center

Meets monthly on the last Thursday at 4 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver At Woodbury Library

Meets monthly on the first Tuesday at 5:30 PM
(3265 Federal Blvd. Denver, CO 80211)

Centennial At Horan & McConaty

Meets monthly on the first Tuesday at 5:00 PM
(5303 E County Line Rd. Centennial, CO 80122)

New!

Thornton At Horan & McConaty

Meets monthly on the fourth Monday at 5:00 PM
(9998 Grant St, Thornton, CO 80229)

Denver Never Forgotten (5 + years) (Meets Quarterly)

Meetings: November 15 at 10 AM
(11150 E. Dartmouth Ave. Denver, CO 80014)

New! Denver Mourning Coffee – A Social Gathering

Meets monthly on the second Friday at 10 AM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual

Meets monthly on the first Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET
Meets monthly on the third Tuesday
3pm PT / 4pm MT / 6pm CT / 6pm ET

LOSS OF A SPOUSE OR PARTNER:

Denver At HeartLight Center

Meets monthly on the second Wednesday at 4 PM
Meets monthly on the fourth Wednesday at 7 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver At HeartLight Center (For Men's Loss)

Meets monthly on the first Tuesday at 7 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver At Highlands Church

(Young Loss 55 and Younger -After 6 Months)
Meets monthly on the first Thursday at 7 PM
(1700 S. Grant St. Denver, CO 80210)

Denver At HeartLight Center

(Young Loss 55 and Younger)
Meets monthly on the third Tuesday at 6 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Centennial At Horan & McConaty

Meets monthly on the third Wednesday at 4 PM
(5303 E County Line Rd. Centennial, CO 80122)

Arvada At Horan & McConaty

Meets monthly on the first Wednesday at 4 PM
(7577 W 80th Ave. Arvada, CO 80003)

Potluck Dinner Gathering

Meets monthly on the third Saturday at 5 PM
(Location will vary, call to register)

New!

Lakewood At Horan & McConaty

Meets monthly on the third Tuesday at 4 PM
(3101 S Wadsworth Blvd, Lakewood, CO 80227)

Virtual

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

● Virtual ● Denver ● Arvada ● Centennial ● Lakewood ● Thornton

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

LOSS OF A CHILD:

Denver At HeartLight Center

Meets monthly on the third Thursday at 6 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Centennial At Southglenn Library

Meets monthly on the first Thursday at 5 PM
(6972 S Vine St. Centennial, CO 80122)

LOSS OF A SIBLING:

Denver At HeartLight Center

Meets monthly on the first Thursday at 4:30 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Starting
in Oct

Virtual

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

LOSS OF A PARENT(S):

Denver at HeartLight Center

Meets monthly on the first Wednesday at 4 PM
Meets monthly on the third Wednesday at 7 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual

Meets monthly on the second Wednesday
5pm PT / 6pm MST / 7pm CT / 8pm ET
Meets monthly on the fourth Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Denver Suicide Loss Grief at HeartLight Center

Meets monthly on the fourth Monday at 4:00 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver Transforming After a Suicide Loss After the 1st Year at HeartLight Center

Meets monthly on the second Monday at 4:00 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Denver Substance Loss Grief at HeartLight Center

Meets monthly on third Monday at 7:00 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual Homicide Loss (Meets Quarterly)

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

Virtual 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

Virtual Sudden & Traumatic Loss Grief Support

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

Virtual Substance Loss Grief Support

Meets monthly on the fourth Thursday
6pm PT / 7pm MT / 8pm CT / 9pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

Denver Family Caregiver Potluck (Meets Quarterly)

October 14 at 6 PM
(11150 E. Dartmouth Ave. Denver, CO 80014)

Virtual LGBTQ+ Grief Support

Meets monthly on the second Monday
4pm PT / 5pm MT / 6pm CT/ 7pm ET

Virtual Family Caregiver Circle

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

Virtual Young Adults Grief Support (18-30)

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

● Denver

● Virtual

● Arvada

● Centennial

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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.



FACING THE MOURNING 4-WEEK SUPPORT GROUP

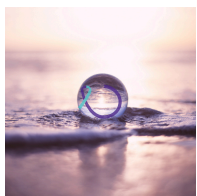
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.

Horan and McConaty Colo Blvd: Mon. Oct 6, 13, 20 & 27 | 4-5:30 PM

Horan and McConaty Centennial: Tues Oct 7, 14, 21 & 28 | 4-5:30 PM

Horan & McConaty Lakewood | Mon. Nov. 3, 10, 17 & 24 | 4:30-6:00 PM

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

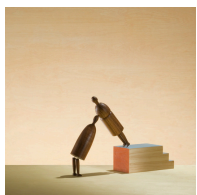


SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

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

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

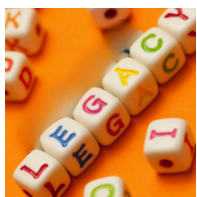
Denver: November Dates TBA | HeartLight Center



DENVER: RELATIONSHIPS AND GRIEF 4-WEEK GROUP

Mon. Oct 6, 13, 20 & 27 | 10:00 AM-11:30 AM | HeartLight Center

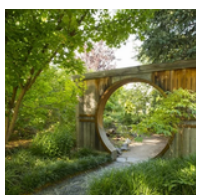
Join us for this meaningful 4-week group that will provide a safe space to discuss and process the different ways grief affects relationships with others and ourselves. Minimum of 6 participants required for group to be held. Cost: \$60. Registration is required.



DENVER: LEGACIES OF LOSS 6-WEEK GROUP

Tues. Oct 7, 14, 21, 28, Nov 4 & 11 | 10-11:30 AM | HeartLight Center

For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Cost \$60, includes materials.



DENVER: FOREST THERAPY INTERVENTION 5 SESSION GROUP

Tues. Oct 7, 14, 21, 28 & Nov 11 | 4-6:30pm MT | Denver Botanic Gardens – York Street

For those experiencing personal bereavement within their first year. Engage in activities to help reduce the impact on physical, mental, emotional, spiritual and social states and promoting more healthy choices. Cost \$100, plus cost of admissions to the gardens. Scholarships available.



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.



Denver: New Beginnings 6 Week Group

Tues. Nov 18, 25, Dec 2, 9, 16 & 23 | 10-11:30 AM | HeartLight Center

The 6 interactive meetings will deal with many of the difficult topics that arise during the first year after the loss of a spouse/partner. You will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose. Cost: \$60



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WEEKLY OPEN, ONGOING VIRTUAL CLASS:



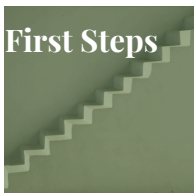
VIRTUAL: YOGA FOR GRIEF RELIEF

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 per class.



SEMINARS:



VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

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.



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.



CENTENNIAL: LITTLE LIVES REMEMBERED: PREGNANCY, INFANT & YOUNG CHILD LOSS REMEMBRANCE FOR FAMILIES

Sun Oct 5 | 2-5:00 PM | Horan & McConaty Centennial

We welcome families to join us in a special, loving space for remembrance and sharing specific to pregnancy, infant, or young child death loss. This time will be spent in healing community with others, sharing in special remembrance activities, a memorial program, and access to support from various local resources. Suggested Donation: \$25



DENVER: FAMILY CAREGIVER POTLUCK DINNER GATHERING

Sat. Oct 14 | 6-8:00 PM | HeartLight Center

If you are a caregiver, or have lost someone you cared for, you are invited to attend our Caregiver Dinner, offered quarterly. We will serve comforting food, and share about caregiving experiences, anticipatory grief, ideas and support for current and past caregivers.



DENVER: INTRO TO TRE® - TENSION & TRAUMA RELEASE EXERCISES

Sat. Oct 18 | 10:00 AM - 12:00 PM | HeartLight Center

This intro class provides simple exercises that can assist the body in releasing stress, tension and the physical effects of trauma. Cost: \$30.



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SPECIAL GRIEF WORKSHOPS CONT:

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.



DENVER: FOREST BATHING RETREAT

Sat. Nov. 1 | 1-4:00 PM | Chatfield Botanic Gardens

Come join us and spend time in this beautiful nature preserve with woodlands, farmland, wetlands and gardens. You will be with others who are experiencing stress, burnout, and anxiety that comes with personal and collective grief. Cost: \$ 36 – \$ 72 sliding scale.



DENVER & CENTENNIAL: LUMINARIA REMEMBRANCE

Sun. Nov 2 | 4-6:00 PM | Horan & McConaty Parker Rd Chapel and Horan & McConaty Centennial

Join us in a ceremony of remembrance held in partnership with Horan & McConaty to honor our loved ones. Decorate a luminaria bag with names and messages to be placed in the Cremation Gardens at Parker Rd and Centennial.



DENVER: WALKING WITH GRIEF: A FALL MINDFULNESS WALK

Fri. Nov 7 | 10 AM-12:00 PM | HeartLight Center & Memorial Gardens

Join us for a mindfulness nature walk at the memorial gardens. We will reflect on the changing seasons, incorporate ritual and ceremony that can bring a sense of grounding and remembrance, and share a meal together. Suggested Donation: \$25, includes meal and materials.



DENVER: GRIEF & KNITTING CIRCLE

Sat. Nov 8 | 10 AM - 12:00 PM | HeartLight Center

Join Kayley with a knitting, crochet or needlepoint project that you are working on, or learn some basic crochet skills to work on a new project, as we come together for a calming hobby and engaging together in a safe supportive social space. Cost: \$20, includes materials.



DENVER: NEVER FORGOTTEN: A SPACE FOR LIFELONG GRIEF

Sat. November 15 | 10 AM - 12:00 PM | HeartLight Center

For those who are at least 5+ years out from a death loss, join us in a quarterly, intentional space for remembrance, support and honoring how grief changes over time and how we still carry our grief. Coffee and tea provided.



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.



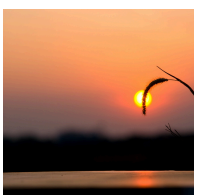
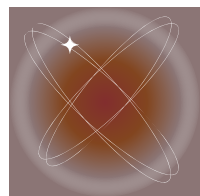
DENVER: THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri. Nov 21 | 10 AM - 12:00 PM | HeartLight Center

Anger is a "stage" of grief that doesn't often get talked about, yet is an emotion everyone feels. There is a wide variety of ways that anger, irritability and frustration arise in grief. Join us in a space dedicated to discussing and processing anger. Cost: \$35.



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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



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.

HeartLight



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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						

