

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)

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)

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

Virtual Yoga for Grief Relief

Meets weekly on Sundays

11am PT / 12pm MT / 1pm CT / 2pm 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)

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

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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)

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 second & fourth Tuesday
5:30pm PT/ 6:30pm MT/ 7:30pm CT/ 8:30 ET

Virtual Grief Support After a Substance Loss

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

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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

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: Tues. Dec 2, 9, 16 & 23 | 10-11:30am PT/ 11-12:30pm MT/ 12-1:30pm CT/ 1-2:30pm ET

Horan and McConaty Centennial: Tues. Dec 2, 9, 16 & 23 | 4:30-6:00 PM

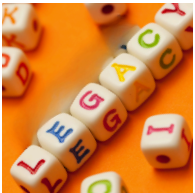
Horan & McConaty Arvada | Thurs. Jan 8, 15, 22, & 29 | 5-6:30 PM



VIRTUAL: THE GRIEVING BRAIN 5-WEEK SUPPORT GROUP AND BOOK CLUB

Thurs. Jan 15, 29, Feb 12, 26 & Mar 12 | 4:30pm PT/5:30pm MT/6:30pm CT/7:30pm ET

A unique combination of peer support and education in this closed, curriculum-based support group. We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$65 (book not included). If group is full, request to be added to the waitlist.



VIRTUAL: LEGACIES OF LOSS 6-WEEK GROUP

Tues. Jan 6, 13, 20, 27, Feb 3 & 10 | 9-10:30am PT/ 10-11:30am MT/ 11-12:30pm CT/ 12-1:30pm ET

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.



CENTENNIAL: UNDERSTANDING YOUR GRIEF 6-WEEK GROUP

Dates: Tuesdays Jan. 6, 13, 20, 27, Feb 3 & 10 | 4:30-6:00 PM | Horan & McConaty Centennial

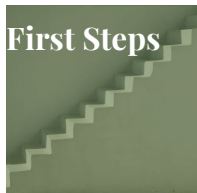
Based on Dr. Alan Wolfelt's book "Understanding Your Grief", this group is open to anyone who has experienced a death loss, whether recently or years ago. Themes that will be discussed include Common Misconceptions About Grief, Guilt and Regret, Exploring Your Feelings About Grief. Cost: \$60, does not include a copy of the book*



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SEMINARS:



VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

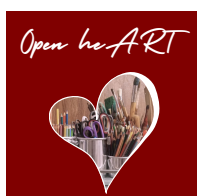
Upcoming Dates: Dec 10, Jan 14 | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET

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.



DENVER: OPEN HEART STUDIO FOR THE HOLIDAYS

Sat. Dec 6 | 9 AM - 12:00 PM | HeartLight Center

This creative and social workshop invites participants to explore grief through use of various art activities, this time with mosaic. No prior art experience required. Featured Activity: Scone Baking & Mini Mala Making. Cost: \$50, includes supplies.



VIRTUAL: GRIEF & THE HOLIDAYS

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: HOLIDAY LOVE, HOPE & LIGHT CANDLE LIGHTING MEMORIAL

Dec 8 | Horan & McConaty Lakewood 3101 S. Wadsworth Blvd. Lakewood, CO 80227

Dec 16 | Horan & McConaty Arvada 7577 W 80th Ave, Arvada, CO 80003

Dec 18 | Horan & McConaty Parker Rd 11150 E Dartmouth Avenue, Aurora, CO 80014

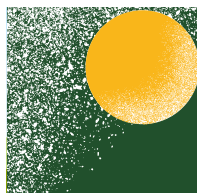
Please join us for our holiday memorial service and candle lighting ceremony. Programs will begin at 6:30pm (MST) and will last about one hour.



VIRTUAL: WRITING THROUGH GRIEF

January 17 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET

Explore grief through the written word in poetry, prose, and reflective writing – how we choose to tell our grief story, in various written forms, can help us create a sense of meaning, remembrance and create legacy through use of the written word. Cost: \$20



VIRTUAL: GRIEF AFTER THE HOLIDAYS

Sat. Jan 31 | 8:30am PT/9:30am MT/10:30am CT/11:30am ET

A follow-up from the "Grief and the Holidays" workshops, and for anyone who has attended a Facing the Mourning group and experienced the "Goal Setting with Milestones" section of that group, this virtual workshop is a way to get some support and helpful tips when transitioning to the new year.



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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: UNDERSTANDING GUILT WITH SUICIDE LOSS - PRESENTED BY REBECCA SANFORD, PHD, RCSW, RCC



Program for Professionals:
Guilt and Suicide Grief: Support Clients

Tues, February 24, 2026 | 8-10am PT/ 9-11am MT/ 10-12pm CT/ 11-1pm ET

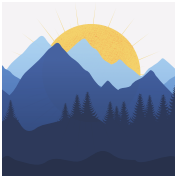
Program for Anyone Who is Grieving or Supporting a Griever:
Exploring Guilt in Suicide Bereavement

Tues. February 24, 2026 | 4-5:30pm PT/ 5-6:30pm MT/ 6-7:30pm CT/ 7-8:30pm ET



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. Jan 23

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
	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	Dec		



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan				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