

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

Sudden & Traumatic Loss Grief Support

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

New!

Grief Support After a Substance Loss

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

Homicide Loss (Meets Quarterly)

Meeting: 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



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SEMINARS:



FIRST STEPS

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.



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

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

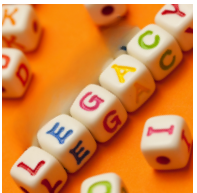
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



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.



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.



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

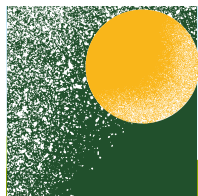
This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20.



WRITING THROUGH GRIEF

Sat. Jan 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



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.



HeartLight



Website

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HeartLight
Center



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.

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).



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.



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