

# Tennessee Grief Support Programs



## IN-PERSON PROGRAMS OPEN SUPPORT GROUPS:

Open drop-in support groups offer a dependable, non-judgmental space to connect with others. Regardless of where you are in your process or how long it has been since your loss, you are welcome to join us for community and peer support.

Scan to Register or  
Learn More: 

### **GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS**

Upcoming dates: Wed. Jan 7, Feb 4 | 4:00-5:30 PM | Smith Professional Building

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Meets in-person on the first Wednesday monthly.

### **LOSS OF A SPOUSE/PARTNER**

Upcoming dates: Wed. Jan 21, Feb 18 | 4:00-5:30 PM | Smith Professional Building

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the third Wednesday.

### **LOSS OF A CHILD**

Upcoming dates: Wed. Jan 14, Feb 11 | 4:00-5:30 PM | Smith Professional Building

A peer support group for bereaved parents, grandparents and adult siblings who have experienced the death of a child, grandchild, or sibling at any age and for any reason. Meets monthly on the second Wednesday.

### **\*NEW\* SUDDEN & TRAUMATIC LOSS SUPPORT GROUP**

Upcoming dates: Tues. Jan 6, Feb 3 | Smith Professional Building

An ongoing peer support and educational group for people who have experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Tuesday monthly

### **\*NEW\* LOSS OF A PARENT(S)**

Upcoming dates: Wed. Jan 28, Feb 25 | Update Smith Professional Building

An ongoing peer support and educational group for people who have experienced the death of a parent, grandparent or other adult caregiver. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Wednesday





## VIRTUAL PROGRAMS OPEN SUPPORT GROUPS:

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

### GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

#### **LGBTQ+ Grief Support**

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

#### **Young Adults Grief Support**

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

#### **Family Caregiver Circle**

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

#### **Loss of a Sibling**

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



### **FIRST STEPS**

Upcoming Dates: Jan 14, Feb 11 | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET | On Zoom

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.



### **PRACTICAL SUPPORT:**

HeartLight



720-748-9908

[info@heartlightcenter.org](mailto:info@heartlightcenter.org)

[www.heartlightcenter.org](http://www.heartlightcenter.org)

Website

**HeartLight**  
Center



## GUIDED SUPPORT GROUPS:

Support groups that meet for a set number of sessions, offering a thoughtfully structured experience. Each group follows planned topics and materials to gently guide conversation and build continuity.



### 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.



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

Thurs. Feb 5, 12, 19 & 26 | 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.



## WORKSHOPS:

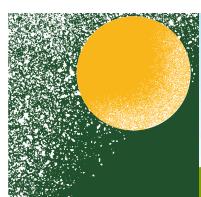
One-time or short-series workshops designed to explore grief-related topics and coping tools through reflective or creative activities. Workshops offer a hands-on way to share grief, learn new perspectives, and engage in gentle processing.



### WRITING THROUGH GRIEF

Sat. Jan 17 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET | On Zoom

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 | On Zoom

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.



### TOOLS FOR HANDLING PERSONAL BELONGINGS

Sat. Feb 21 | 9am-11am PT/10am-12pm MT/11am-1pm CT/12pm-2pm ET | On Zoom

What do we do with the "stuff"? Join us for discussions about handling belongings after a loss, as well as some ideas for useful tools to help with sorting through the belongings, determining what to keep and what to donate, and what it is to part with certain pieces of our person's physical life. Cost: \$20.



HeartLight



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info@heartlightcenter.org

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Website

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## TRAINING AND EDUCATION

### UPCOMING EDUCATIONAL SIGNATURE SERIES:

HeartLight hosts renowned experts to share the latest research and insights on grief and loss. Presentations are open to everyone - grievers, caregivers, and professionals.

#### 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 | On Zoom



##### 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 | On Zoom

Cost: \$90



## GRIEF SUPPORT RESOURCES:

Access support anytime through our online library that includes educational handouts, curated book and media lists, Heart-to-Heart Letters, our signature HeartLight Highlights, and more.

#### 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



**Y O U D O N ' T H A V E T O G R I E V E A L O N E .**

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.



## 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
				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

Jan