

Virtual Grief Support 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:



OPEN SUPPORT FOR ANY DEATH LOSS:

Grief Support Circle

Meets monthly on the first Wednesday

5pm PT / 6pm MT / 7pm CT / 8pm ET

Meets monthly on the third Tuesday

3pm PT / 4pm MT / 5pm CT / 6pm ET

Yoga for Grief Relief

Meets weekly on Sundays in partnership with May Wellness

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

Grief Support After a Substance Loss

Meets monthly on the first Thursday

5pm PT / 6pm MT / 7pm CT / 8pm 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

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

NEW!

Anticipatory Grief

Meets monthly on the third Thursday

5pm PT / 6pm MT / 7pm CT / 8pm ET



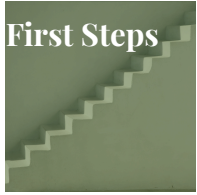
720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



PRACTICAL SUPPORT:



FIRST STEPS

Upcoming Dates: Mar 11, Apr 8 | 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. Cost \$20.

*Dates subject to change.



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.



FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

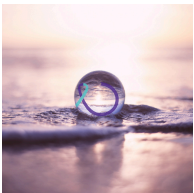
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

Thurs. Apr 16, 30, May 14, 28 & June 11 | 4:30pm PT/5:30pm MT/6:30pm CT/7:30pm ET

Join us for a unique combination of virtual 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: \$40.



SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

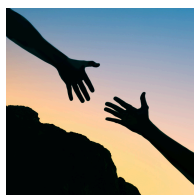
Tues Mar 24, 31, April 7 & 14 | 4-5:30pm PT/ 5-6:30 MT/ 6-7:30pm CT/ 7-8:30pm ET

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



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.



SUPPORTING SOMEONE WHO IS GRIEVING

Sat. April 25 | 9am PT/10am MT/11am CT/12pm ET

Join us for a discussion about grief and helpful tools, sentiments, and support you can provide to someone you care about who is grieving after a significant death loss.



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Website





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.

SUPPORTING CAREGIVERS & THE POWER OF ADVOCACY FOR THE PEOPLE THEY LOVE - PRESENTED BY GINA GENTILI



Program for Professionals:

Listen To Learn – Supporting Patients and Caregivers as an Advocate and Ally Through End of Life and Grief Care

Tues April 21st | 8-10am PT/ 9-11am MT/ 10-12pm CT/ 11-1pm ET

Program for the Community:

Journey of Love – A Caregiver Guide from Lived Experiences

Tues. April 21st | 4-5:30pm PT/ 5-6:30pm MT/ 6-7:30 pm 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 Date: March 20th

Start Time: 10am PT/ 11am MT/ 12pm CT/ 1pm ET

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



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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