

Colorado 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:

Denver At HeartLight Center

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

Centennial At Horan & McConaty

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

Parker At Terra Bluffs

Meets monthly on the second Thursday at 5:00 PM
(8797 S Chambers Rd, Parker, CO 80134)

Thornton At Horan & McConaty

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

Denver At Woodbury Library

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

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 / 5pm 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 4 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)

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

Potluck Dinner Gathering

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

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

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)

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 MT / 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)

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

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)

NEW! Virtual 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

Denver Substance Loss Grief at HeartLight Center

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

Virtual Grief Support After a Substance Loss

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

Virtual Homicide Loss (Meets Quarterly)

Meeting: March 12, June 11, Sept 10 & Dec 10
3pm PT/ 4pm MT/ 5pm CT/ 6pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

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

NEW! Virtual Anticipatory Grief

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

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PRACTICAL SUPPORT:

First Steps

VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

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.



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 - a restorative yoga class specifically designed to support bereaved individuals to navigate emotions, release tension, and cultivate a sense of peace during this difficult time. No prior yoga experience is needed. . Cost: \$30 per class.



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

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

Denver: Tues. Apr 7, 14, 21 & 28 | 4-5:30pm | HeartLight Center

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



Denver: New Beginnings 6 Week Group

Tues. Mar 17, 24, 31, Apr 7, 14, & 21 | 10-11:30am | HeartLight Center

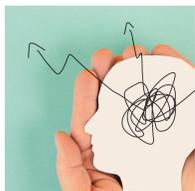
The 6 interactive meetings will deal with many of the difficult topics that arise during the first year after the loss of a spouse/partner. You will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose. Cost \$60, includes materials.



VIRTUAL: 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



VIRTUAL: 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.



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



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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.



DENVER: MEN'S GRIEF AND THE NARRATIVE JOURNEY

Sat. Mar 21 | 10:00 AM-12:00 PM | HeartLight Center

Join us for coffee, donuts and conversation. Men who have experienced a loss can share their stories, learn coping strategies, and find support from peers who understand unique struggles men experience including how societal norms can make it difficult for men to express grief openly.



DENVER: THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri. Apr 3 | 10:00 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 and learn tools for safely experiencing and working through this complex emotion as normal part of the grief journey. Cost: \$30.



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

Sat. Apr 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.



VIRTUAL: 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.



● Denver ● Virtual ● Arvada ● Centennial



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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.

VIRTUAL: 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).



VIRTUAL: 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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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.

Mar

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					



Apr

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	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	1	2