

# New Mexico 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



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

### **East Mountains: Edgewood** At Blue Feather Healing & Growth Center

Upcoming dates: Wed. Feb 4, \*Mar 18 | 6:30 PM  
(95 NM 344, Suite 8, Edgewood, NM 87015)

\*Please note March date change



Blue Feather Healing & Growth Center  
Conscious Living Resources for Growth & Inspiration

### **Virtual**

Upcoming dates: Tues. Feb 17, Mar 17  
3pm PT / 4pm MT / 5pm CT / 6pm ET

### **Virtual**

Upcoming dates: Wed. Feb 4, Mar 4  
5pm PT / 6pm MT / 7pm CT / 8pm ET

## LOSS OF A SPOUSE OR PARTNER:

### **Albuquerque** At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. Feb 2, \*Mar 16 | 5:30 PM  
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

\*Please note March date change

### **Virtual**

Upcoming dates: Wed. Feb 11, Mar 11  
5pm PT / 6pm MT / 7pm CT / 8pm ET

## LOSS OF A CHILD:

### **Albuquerque** at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. Feb 3, \*Mar 17 | 5:30 PM  
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

\*Please note March date change

## GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

### **Albuquerque** Family Caregiver Grief Support (Post-Loss Only) At Daniels Family Funerals - Strong-Thorne

Upcoming dates: Mon. Feb 9, \*Mar 23 | 4:30 PM  
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

\*Please note March date change

### **Virtual** Family Caregiver Circle (Current & Post-Loss)

Upcoming dates: Thurs. Feb 5, Mar 5  
4pm PT / 5pm MT / 6pm CT / 7 ET

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

Upcoming dates: Thurs. Feb 19, Mar 19  
3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

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

Upcoming dates: Mon. Feb 16, Mar 16  
5pm PT / 6pm MT / 7pm CT / 8pm ET

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

Upcoming dates: Mon. Feb 9, Feb 9  
4pm PT / 5pm MT / 6pm CT / 7pm ET

Starting in  
March!

### **Virtual** Anticipatory Grief

Upcoming dates: Mar 19  
5pm PT / 6pm MT / 7pm CT / 8pm ET

● Virtual ● Albuquerque ● East Mountains

HeartLight



Website

720-748-9908

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## ONGOING DROP-IN GRIEF SUPPORT GROUPS:

### LOSS OF A PARENT/CAREGIVER:

#### **East Mountains: Tijeras** At Los Vecinos Community Center

Upcoming dates: Wed. Feb 18, Mar 18 | 5:30 PM

(478 NM-333, Tijeras, NM 87059)

In partnership with Embracing the Journey and Bernalillo County Community Services

#### **Virtual**

Upcoming dates: Wed. Feb 11, Mar 11

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

Upcoming dates: Wed. Feb 25, Mar 25

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

### SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

#### **Albuquerque Sudden & Traumatic Loss Group**

At Daniels Family Funerals - Carlisle

Upcoming dates: Wed. Feb 11, \*Mar 19 | 5:30 PM

(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

\*Please note March date change

#### **Virtual Substance Loss Grief Support**

Upcoming dates: Thurs. Feb 5, Mar 5

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

#### **Virtual Suicide Loss Grief Support**

Upcoming dates: Thurs. Feb 12, Mar 12

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

Upcoming dates: Thurs. Feb 26, Mar 26

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

Starting  
in April

#### **Albuquerque Substance Loss Grief Support**

At Daniels Family Alameda Mortuary

Upcoming Dates: April 2 (please contact us to be added to the waitlist)

(Alameda Mortuary, 9420 4th St NW, Albuquerque, NM 87114)

#### **Virtual Sudden & Traumatic Loss Grief Support**

Upcoming dates: Tues. Feb 10, Feb 24, Mar 10, & Mar 24

5:30pm PT / 6:30pm MT / 7:30pm CT / 8:30 ET

## 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.



#### **ALBUQUERQUE: COMFORT FOOD DINNER**

Thurs. Feb 19 | 5:30-7:30 PM | Bosque Trails Hospice

Gathering for Spring Renewal Inspired by Holi. Join us for a cozy, welcoming evening of comforting food and shared conversation. Open to adults (18+) grieving a loss or navigating serious illness and anticipatory grief. While bringing a dish is not required, you are welcome to contribute if it feeds your wellbeing. A full meal will be served. In partnership with Bosque Trails Hospice.



#### **ALBUQUERQUE: WHOLEHEARTED GRIEF - AN EXPERIENTIAL WORKSHOP FOR HEALING AND CONNECTION**

Sat. February 28 | 10:00 AM – 12:00 PM | Wallin and Luna Counseling

Together, we'll slow down and explore our inner world through guided activities, creative expression, gentle movement, and reflective sharing. This workshop invites you to discover what support feels like, honor your emotions, and connect with a compassionate community. Refreshments provided. In partnership with Kaytea Hendricks Psychotherapy. Facilitated by Kaytea Kendricks.



#### **ALBUQUERQUE: WRITING TO HEAL - A WRITING WORKSHOP FOR SUICIDE GRIEF**

Sat. Mar 21 | 9:00 AM – 3:00 PM | St Michael & All Angels Episcopal Church

Together, we will explore writing as a way to help name and uncover the feelings and memories connected to this loss, and to express, explore, and find hope, meaning, and healing through writing. Guided prompts and reflective practices invite participants to slow down and connect with their experiences and feelings, with self-care breaks woven throughout.

Breakfast and lunch will be provided. Cost: \$15.



● Virtual ● Albuquerque ● East Mountains

HeartLight



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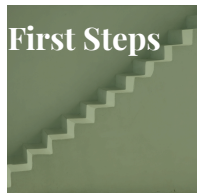
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## PRACTICAL SUPPORT:



### VIRTUAL: FIRST STEPS

Upcoming Dates: Feb 10, Mar 11 | 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:



### VIRTUAL: 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.



## 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: FACING THE MOURNING 4-WEEK SUPPORT GROUP

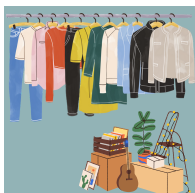
Thurs. Feb 5, 12, 19 & 26 | 10-11:30am PT/ 11-12:30pm MT/ 12-1:30pm CT/ 1-2:30pm ET

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.



### VIRTUAL: TOOLS FOR HANDLING PERSONAL BELONGINGS

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

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.



● Virtual ● Albuquerque

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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 - griever, caregivers, and professionals.

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



**Program for Professionals:**

**Guilt and Suicide Grief: Supporting Grieving 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. March 20**

**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.

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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
<b>Feb</b>						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	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mar</b>						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					

