

# 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. \*Mar 18, Apr 1 | 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. Mar 17, Apr 14  
3pm PT / 4pm MT / 5pm CT / 6pm ET

### **Virtual**

Upcoming dates: Wed. Mar 4, Apr 1  
5pm PT / 6pm MT / 7pm CT / 8pm ET

## LOSS OF A SPOUSE OR PARTNER:

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

Upcoming dates: Mon. \*Mar 16, Apr 6 | 5:30 PM  
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

\*Please note March date change

### **Virtual**

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

## LOSS OF A CHILD:

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

Upcoming dates: Tues. \*Mar 17, Apr 7 | 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. \*Mar 23, Apr 13 | 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. Mar 5, Apr 2  
4pm PT / 5pm MT / 6pm CT / 7 ET

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

Upcoming dates: Thurs. Mar 19, Apr 16  
3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

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

Upcoming dates: Mon. Mar 16, Apr 20  
5pm PT / 6pm MT / 7pm CT / 8pm ET

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

Upcoming dates: Mon. Mar 9, Apr 13  
4pm PT / 5pm MT / 6pm CT / 7pm ET

NEW!

### **Virtual** Anticipatory Grief

Upcoming dates: Mar 19, Apr 16  
5pm PT / 6pm MT / 7pm CT / 8pm ET

● Virtual ● Albuquerque ● East Mountains

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



# ONGOING DROP-IN GRIEF SUPPORT GROUPS:

## LOSS OF A PARENT/CAREGIVER:

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

Upcoming dates: Wed. Mar 18, Apr 15 | 5:30 PM

(478 NM-333, Tijeras, NM 87059)

In partnership with Embracing the Journey and Bernalillo County Community Services

### **Virtual**

Upcoming dates: Wed. Mar 11, Apr 8

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

Upcoming dates: Wed. Mar 25, Apr 22

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. \*Mar 19, Apr 8 | 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. Mar 5, Apr 2

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

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

Upcoming dates: Thurs. Mar 12, Apr 9

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

Upcoming dates: Thurs. Mar 26, Apr 23

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. Mar 10, Mar 24, Apr 14, & Apr 28

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.

*Writing to Heal*



### **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.



## EDUCATION PRESENTED BY GNA NEW MEXICO:



### **VIRTUAL CARE CONVERSATIONS SERIES – CURATING GRIEF: SUPPORTING GRIEVERS WITH BELONGINGS AND MEANING**

Thurs. Mar 26 | 9:00-10:30am PT / 10:00-11:30am MT / 11:00am-12:30pm CT / 12:00 – 1:30pm ET

After a loss, many griever feel overwhelmed by the belongings left behind, yet practitioners often feel unsure how to support this tender part of grief. Grief coach and author Charlene Lam will introduce professionals and community support partners/members to the Curating Grief® approach, offering a gentler, more intentional lens for navigating memory, meaning, and personal items. Participants will explore why objects carry emotional weight and learn simple, practical prompts to help griever reflect, reduce pressure, and make choices with greater agency and care. This program is open to all.



● Virtual ● Albuquerque ● East Mountains

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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.



## 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. 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.



### 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.



### VIRTUAL: SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

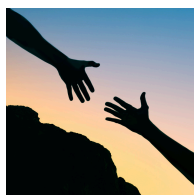
Tues Mar 24, 31, April 7 & 14 | 4-5:30pm PT/ 5-6:30 MT/ 6-7:30pm CT/ 7-8:30pm ET

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



## 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: 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.



● 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 - 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 21<sup>st</sup> | 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 21<sup>st</sup> | 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 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.

# 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