

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. Mar 4, Apr 1 | 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 monthly on the first Wednesday.

LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. Mar 18, Apr 15 | 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. Mar 11, Apr 8 | 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.

SUDDEN & TRAUMATIC LOSS SUPPORT GROUP

Upcoming dates: Tues. Mar 3, Apr 7 | 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.

NEW LOSS OF A PARENT(S)

Upcoming dates: Wed. Mar 25, Apr 22 | 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.

NEW SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

Upcoming dates: Tues. Mar 10, Apr 14 | Update Smith Professional Building

An ongoing group for those who have experienced a loss to suicide. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the second Tuesday. In partnership with Contact Care Line.

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



VIRTUAL 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

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 After a Substance Loss

Meets monthly on the first Thursday

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

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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:

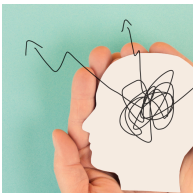
Support groups that meet for a set number of sessions, offering a thoughtfully structured experience. Each group follows planned topics and materials to gently guide conversation and build continuity.



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

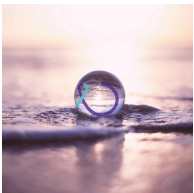
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



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

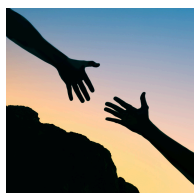
Tues Mar 24, 31, April 7 & 14 | 4-5:30pm PT/ 5-6:30 MT/ 6-7:30pm CT/ 7-8:30pm ET

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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Center

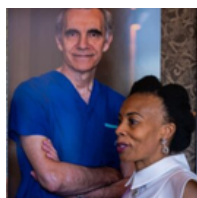


TRAINING AND EDUCATION

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:

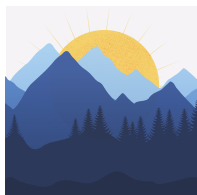
Journey of Love – A Caregiver Guide from Lived Experiences

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 Dates: Fri. Mar 20

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



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

