

Colorado Grief Support Programs

HORAN & McCONATY
FUNERAL SERVICE AND CREMATION

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)

NEW

Denver Café en Comunidad

Nos reuniremos el cuarto sábado de cada mes a las 10:00 AM
(3020 Federal Blvd, Denver, CO 80211)

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

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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Center



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

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)

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

NEW!

Virtual Professional Workplace Grief Support

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

● Denver ● Virtual ● Arvada ● Centennial ● Thornton

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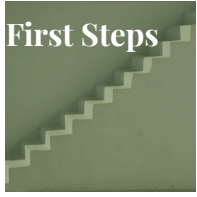
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PRACTICAL SUPPORT:



VIRTUAL: FIRST STEPS - HANDLING FINANCIAL MATTERS AFTER A LOSS

Upcoming Dates: May 13, June 3 | 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.



Learning to Carry Loss: Understanding Your Unique Grief

Arvada: May 13 6:00 - 7:30 PM Horan & McConaty Funeral Service Arvada

Centennial: June 17 6:00 - 7:30 PM Horan & McConaty Funeral Service Centennial

This educational seminar is designed to support you in better understanding your own experience of grief. This is an informational presentation rather than a traditional support group. There will be time for questions, and participation is always optional.



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: Fri May 1, 8, 15 & 22 | 4-5:30 PM | Horan & McConaty Colorado Blvd.

Virtual: Tues. May 5, 12, 19 & 26 | 4pm PT/5-6:30pm MT/ 6pm CT/ 7pm ET

Lakewood: Mon June 8, 15, 22 & 29 | 4:30-6:00 PM | Horan & McConaty Lakewood



DENVER: LEGACIES OF LOSS 6-WEEK GROUP

Tues May 5, 12, 19, June 2, 9, & 16 (skipping Memorial Day week) | 10-11:30 AM | HeartLight

For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Cost \$60, includes materials.



● 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: THE ANGER OF GRIEF: A SOMATIC WORKSHOP

Fri May 15 | 10-12:00 PM | HeartLight Center

Join us in a quarterly meeting space to share about the unique grief experiences that occur after a homicide loss. We will come together in an intentional space for remembrance, support and honoring the lives of those we are grieving for, and how the nature of homicide loss impacts our grief.



VIRTUAL: TOOLS FOR HANDLING PERSONAL BELONGINGS AFTER LOSS

Sat. May 16 | 9am PT/10am MT/11am CT/12pm ET

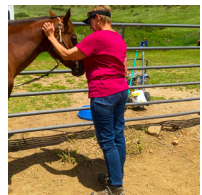
What do we do with the "stuff"? Join us for discussions about handling belongings after a loss, as well as get some ideas for useful tools to help with sorting through the belongings, determining what to keep and what to donate, and what it is to part with certain pieces of our person's physical life. Cost: \$20.



DENVER: OPEN HEART STUDIO

Sat. Jun 6 | 9:00 AM - 12:00 PM | HeartLight Center

We invite you to share in a creative space to help explore and connect about grief through art. This creative and social workshop invites participants to explore grief through use of various art activities, no prior art experience required. Supplies provided. Activity: Windchimes



LYONS: HEALING WITH HORSES

Sat. Jun 6, Jul 11, Aug 22, Sept 26 | 10:00 AM-4:00 PM | Lyons, Colorado

Join a one-day workshop to let the healing power of horses help you as we slow down, reflect, and have some fun together. In partnership with Dancing Spirit Equine Facilitated Learning and Coaching, LLC and TRU Community Care. Cost: \$100.



VIRTUAL: GRIEF SUPPORT AFTER A HOMICIDE LOSS

Thurs. Jun 11 | 3pm PT/ 4pm MT/ 5pm CT/ 6pm ET

Join us in a quarterly meeting space to share about the unique grief experiences that occur after a homicide loss. We will come together in an intentional space for remembrance, support and honoring the lives of those we are grieving for, and how the nature of homicide loss impacts our grief.



DENVER: EXPLORING GRIEF IN MUSIC

Sat. Jun 13 | 10-12:00 PM | HeartLight Center

Join us for an experiential workshop about the connections we make to, and through, music when we are grieving. In this supportive environment, participants will use music to process loss, express emotions and honor important people when words may feel insufficient.



● Denver ● Virtual ● Arvada ● Centennial



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TRAINING AND EDUCATION



DENVER: GNA RESOURCE FAIR FOR PROFESSIONALS

Fri May 29 | 12:00-4:00 PM | HeartLight Center

In support of end of life, funeral and grief care professionals, the Grief Networking Alliance of Colorado (GNA-CO) invites professionals to connect at a resource fair and networking event hosted at the HeartLight Center.



VIRTUAL: THE BODY IN GRIEF- WHY TRAUMATIC LOSS REQUIRES MORE THAN JUST TALKING

Tues, Jun 2 | 9-10:30am PT/ 10-11:30am MT/ 11-12:30pm CT/ 12-1:30pm ET

Explore a somatic, neurobiological framework for grief grounded in polyvagal and attachment theories to better support clients and prevent professional burnout. This 1.5-hour training provides practical, body-based tools—such as vagal regulation and rhythmic integration—to stabilize the nervous system and enhance clinical presence.



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: May 22nd

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.

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	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	1	2	3	4	5	6



Jun

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					