

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. May 6, Jun 3 | 6:30 PM
(95 NM 344, Suite 8, Edgewood, NM 87015)



Virtual

Upcoming dates: Tues. May 19, Jun 16
3pm PT / 4pm MT / 5pm CT / 6pm ET

Virtual

Upcoming dates: Wed. May 6, Jun 3
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A SPOUSE OR PARTNER:

Albuquerque At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. May 4, Jun 1 | 5:30 PM
(7601 Wyoming Blvd NE, Albuquerque, NM 87109)

Virtual

Upcoming dates: Wed. May 13, Jun 10
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A CHILD:

Albuquerque at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. May 5, Jun 2 | 5:30 PM
(3113 Carlisle Blvd NE, Albuquerque, NM 87110)

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

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

Upcoming dates: Mon. May 11, Jun 8 | 4:30 PM
(1100 Coal Ave SE, Albuquerque, NM 87106)

Virtual Family Caregiver Circle (Current & Post-Loss)

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

Virtual Loss of a Sibling

Upcoming dates: Thurs. May 21, Jun 18
3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

Virtual Young Adults Grief Support

Upcoming dates: Mon. May 18, Jun 15
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. May 11, Jun 8
4pm PT / 5pm MT / 6pm CT / 7pm ET

Virtual Professional Workplace Grief Support

Upcoming dates: May 18, Jun 15
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual Anticipatory Grief

Upcoming dates: May 21, Jun 18
5pm PT / 6pm MT / 7pm CT / 8pm ET

NEW!
NEW!

- 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. May 20, Jun 17 | 5:30 PM

(478 NM-333, Tijeras, NM 87059)

In partnership with Embracing the Journey and Bernalillo County Community Services

Virtual

Upcoming dates: Wed. May 13, Jun 10

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

Upcoming dates: Wed. Apr 22, Jun 24

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. May 13, Jun 10 | 5:30 PM

(3113 Carlisle Blvd NE, Albuquerque, NM 87110)

Virtual Substance Loss Grief Support

Upcoming dates: Thurs. May 7, Jun 4

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

Virtual Suicide Loss Grief Support

Upcoming dates: Thurs. May 14, Jun 11

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

NEW!

Albuquerque Substance Loss Grief Support

At Daniels Family - Alameda Mortuary

Upcoming Dates: Thurs. May 7, Jun 4

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

Virtual Sudden & Traumatic Loss Grief Support

Upcoming dates: Tues. May 12, May 26, Jun 9, & Jun 23

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

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

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



NEXT GROUP COMING SOON:

THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

Jul 16, 30, Aug 13, 27, & Sep 10 | 4:30pm (PT) / 5:30pm(MT)/ 6:30pm(CT)/ 7:30pm (ET).

We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$50, does not include copy of the book.



● Virtual ● Albuquerque ● East Mountains

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





PRACTICAL SUPPORT:



FIRST STEPS

Upcoming Dates: May 13, June 3 | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET

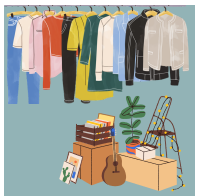
Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims. Cost \$20.

*Dates subject to change.



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.



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.



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.



● Virtual ● Albuquerque

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





TRAINING AND EDUCATION



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).



FACING THE MOURNING FACILITATOR TRAINING

Upcoming Date: May 22

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



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org



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					