

Virtual 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:



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

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(S):

Loss of a Parent(s)

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:

Suicide Loss Grief Support

Meets monthly on the second Thursday

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

Grief Support After a Substance Loss

Meets monthly on the first Thursday

5pm PT / 6pm MT / 7pm CT / 8pm 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 FOR SPECIFIC POPULATIONS:

LGBTQ+ Grief Support

Meets monthly on the second Monday

4pm PT / 5pm MT / 6pm CT / 7pm ET

Loss of a Sibling

Meets monthly on the third Thursday

3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

Young Adults Grief Support

Meets monthly on the third Monday

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

Family Caregiver Circle

Meets monthly on the first Thursday

4pm PT / 5pm MT / 6pm CT / 7 ET

NEW!

Anticipatory Grief

Meets monthly on the third Thursday

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

NEW!

Professional Workplace Grief Support

Meets monthly on the third Monday

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



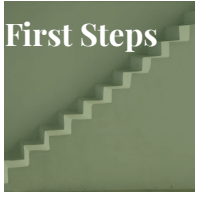
720-748-9908

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.



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

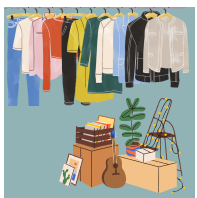
May 5, 12, 19 & 26 | 4pm PT/5-6:30pm MT/ 6pm CT/ 7pm ET

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



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.

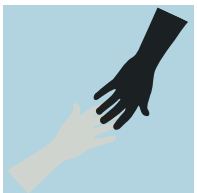


TOOLS FOR HANDLING PERSONAL BELONGINGS AFTER LOSS

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.



HeartLight



Website

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TRAINING AND EDUCATION



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

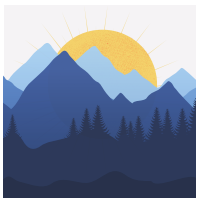
Tues, Jun 2 | 9-10:30am PT/ 10-11:30am MT/ 11-12:30pm CT/ 12-1:30pm ET

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



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