

HeartLight Center inc.



The mission of HeartLight Center (a 501c3 non-profit organization) is to give solace to persons who are grieving and educate the metropolitan Denver community about the process of grief. The Center provides education, support and information for individuals, clergy, hospital and hospice personnel, counselors, therapists, funeral service professionals, and other caregivers in our community.

January-March 2012

Monthly HeartLight Support Groups

A \$10 donation to the nonprofit is encouraged for all support groups. Scholarships available.

Growing through Grief

Jan 4	7:00pm	A "first group" for newly bereaved individuals. Spend an evening learning about the grief process and connecting with others. Meets the 1 st Wednesday of each month.
Feb 1	7:00pm	
Mar 7	7:00pm	

Widow(er) Education & Support Group

Jan 11	7:00pm	An ongoing support and educational group for people who have experienced the death of a spouse, partner or significant other. If your loss is recent or years ago, you are welcome to come and spend an evening with others who are on a similar journey. Newcomers are encouraged to attend this meeting first. Meets the 2 nd Wednesday of each month.
Feb 8	7:00pm	
Mar 14	7:00pm	

Loss of a Parent Support Group

Jan 18	7:00pm	An ongoing support group for those who have experienced the death of a parent(s). Meets the 3 rd Wednesday of the month.
Feb 15	7:00pm	
Mar 21	7:00pm	

Widow(er) Peer Support Group

Jan 25	7:00pm	An ongoing support group focused on discussion topics relating to the grief and loss journey. Meets the 4th Wednesday of each month. Jan 25- Contemplative Gathering Feb 22- Dealing with family members Mar 28- Topic to be determined
Feb 22	7:00pm	
Mar 28	7:00pm	

Community Groups meeting at HeartLight Center

East Metro Heartbeat Group

Jan 31	7:00pm	This is an ongoing monthly support group for survivors after suicide, who seek hope and healing in their lives after the tragic loss of a loved one to suicide. We come to share our pain and connect with other survivors in a circle of acceptance, understanding, and love. All are welcome! Meets on the last Tuesday of the month. Facilitator: Katie Ford, MA, LPC 720.300.8213 Co-Facilitator: Brenda Gierczak, MAOM, CG-C 303.667.7864
Feb 28	7:00pm	
Mar 27	7:00pm	
Tuesday		

Compassionate Friends Aurora Chapter

Jan 19	7:00pm	A self-help group for families who have experienced the death of a child of any age. Meets on the 3 rd Thursday of each month. Facilitator: Elaine Moore 303.883.0294
Feb 16	7:00pm	
Mar 15	7:00pm	
Thursday		

PLEASE RSVP to info@heartlightcenter.org or call 720.748.9908 www.heartlightcenter.org

11150 E. Dartmouth Ave. Aurora, CO 80014 **Interested in HeartLight?** To be added to our email mailing list email info@HeartLightcenter.org

HeartLight Center Classes, Programs & Special Events

HeartLight Center Networking Morning

Jan 20
8:30-10:30am
Friday

Enjoy your morning coffee with colleagues who specialize in grief support. Please extend an invitation to your peers. Please RSVP to info@heartlightcenter.org to help us with planning!

Facing the Mourning- Held in Arvada

Jan 23 7:00pm
Jan 30 7:00pm
Feb 6 7:00pm
Feb 13 7:00pm
Mondays

HeartLight Center's signature program - A 4-week interactive support group for all types of deaths and length of grieving. The group is designed to help people through the grieving process by using visual and thought provoking tools such as building memorials, journaling, writing letters, and developing future goals using milestones.

PLEASE NOTE: This program will be held at Horan & McConaty at 80th & Wadsworth in Arvada.

Cost: \$60 (Includes the Participant Manual) RSVP to emily@heartlightcenter.org or call 720.748.9908.

It's All About Love... overcoming adversity!!

Friday, Feb 3
6-9pm
Place: Terrace Gardens
Event Center- 13065 East
Briarwood Avenue,
Centennial, Colorado 80112

An evening of food, inspiring stories and a silent auction to benefit HeartLight Center.
Honorees:
Marguerite Ham- A Mother and Professional Speaker for 23 years, who founded the Eye of the Storm Foundation which educates teens, young adults and parents on the danger and misuse of prescription drugs.
Tom Hayden- A recent cancer survivor and American Cancer Society "Hero of Hope", who let tragedy become a gift, transforming his mind, body and soul to share his story while raising awareness of cancer prevention, and the importance for patients and families to receive support and care.
Amy Pike- Is a Survivor Outreach Services Support Coordinator for the Army; working to deliver on the Army's commitment to Families of the Fallen so that they know that they are ..."Never Forgotten and Never Alone".
Shane Phillips- After sustaining the loss of his family as a teenager, Shane has focused his community service efforts towards helping others dealing with loss in their lives.

Please go to www.heartlightcenter.org for more information!

Guilt, Grief & Anger

Monday, Feb 20
Monday, Feb 27
7:00pm

For many of us, as we grieve, our minds can go over & over the events, our regrets and concerns. We can carry a great deal of guilt, which then overshadows our experience of grief. Spend 2 sessions in a safe and supportive atmosphere.
Suggested donation: \$10

Contemplative Gathering

Thursday
March 1
7:00pm

The potency of grief can lead us beyond any life experience we've ever had, into deep reservoirs of feeling or away from the center of our being. We may lose our sense of meaning, connection, ability to listen, and compassion. One of the ways bear this place we find ourselves in is to spend time with others who are also on this path. Please join us for reflections, meditation, and sharing that will attune us to our spiritual longings.

Each evening begins with a reflection, followed by approximately one half hour of sitting and walking meditation and concluding with comments from the participants. We will use sources from many spiritual traditions to enrich our experience.

Presenter: Ann Christensen Suggested donation: \$10

Getting Your House in Order

Tuesday
March 13
7:00pm

Join us for an overview of a holistic way to "get your house in order." What kinds of plans and documents do you need to put in place for your family and friends? What are the conversations you need to have with your loved ones or your community members about your wishes and values? These are important things to consider well ahead of time.

Barb Cashman Hahn, friend of HeartLight as well as elder law attorney & chaplain, shares her knowledge and expertise with us to talk about planning and legal documents, along with time for the thinking and conversation, to honor the relationships that, coupled with the documentation, can better fulfill one's wishes and provide a preventive backdrop to minimize conflict that may result from an emergency. Come learn about different resources and tools available to us.

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