

# HeartLight Center inc.



The mission of HeartLight Center is to give solace to the grieving and educate the metropolitan Denver community about the process of grief. Our main goal is to provide education, support and information for individuals of all ages, families, clergy, hospital and hospice personnel, counselors, therapists, funeral service professionals, and other caregivers in our community.

June - September 2010

## Ongoing Support Groups (We encourage a \$10 donation for all support groups, scholarships available)

### Growing through Grief

Jun 2	7:00pm	A "first group" for newly bereaved individuals. Spend an evening learning about the grief process and connecting with others. Meets the 1 <sup>st</sup> Wednesday of the month.
Jul 7	7:00pm	
Aug 4	7:00pm	
Sept 1	7:00pm	

### Widow(er) Support Group (65 & younger)

Jun 9	7:00pm	An on-going support group for those who have been widowed. Meets the 2 <sup>nd</sup> Wednesday of the month.
Jul 14	7:00pm	
Aug 11	7:00pm	
Sep 8	7:00pm	

### Loss of a Parent

Jun 16	7:00pm	An on-going support group for adults who have lost a parent. Meets the 3 <sup>rd</sup> Wednesday of the month.
Jul 21	7:00pm	
Aug 18	7:00pm	
Sep 15	7:00pm	

All groups, classes, programs and special events will meet at HeartLight Center unless noted with a "Location".

## Classes, Programs and Special Events

### Cleaning out your closets

Jun 7	7:00pm	What does it mean to "clean out your closets" after a loved one passes. Join us in discovery of where to begin, what we should do with personal items, the emotions associated with the task. We will all do this at different times in our grief journey.
Monday		
<b>Facilitator:</b> Rachel Kodanaz		
<b>Cost:</b> Suggested Donation \$10		

### Professional Networking Morning

Jun 18	8:30 – 10am	A morning of networking - enjoy your morning coffee with colleagues who specialize in grief support. Please extend an invitation to your peers. Please RSVP to <a href="mailto:info@heartlightcenter.org">info@heartlightcenter.org</a> to help us with planning.
Friday		

### Coping with Sudden/Traumatic Loss

June 28	7:00pm	The way that we grieve is as different as our fingerprints. But the circumstances of each death and its impact on us can be so challenging when someone we love dies suddenly and unexpectedly. Just trying to "get our head around" what has happened can become overwhelming and deeply impacts the challenge of integrating what has happened into our day to day lives. Come and share your experience with others who are walking a similar path.
Monday		
<b>Facilitator:</b> Jennifer McBride		
<b>Cost:</b> Suggested Donation \$10		

### Facing the Mourning -- EVENING GROUP

Jul 20	7:00pm	HeartLight Centers signature program - A 4-week interactive support group for all types of deaths and length of grieving. The group is designed to help with the grieving process by using visual and thought provoking tools such as building memorials, journaling, writing letters, and developing future goals using milestones.
Jul 27	7:00pm	
Aug 3	7:00pm	
Aug 10	7:00pm	
<b>Cost:</b> Suggested donation \$45. Register early to be guaranteed a spot in this class.		
Tuesdays		

## Facing the Mourning - DAY GROUP

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Jul 29 8:30 -10am HeartLight Centers signature program - A 4-week interactive support group for all types of deaths and length of grieving. The group is designed to help with the grieving process by using visual and thought provoking tools such as building memorials, journaling, writing letters, and developing future goals using milestones.

Aug 5 8:30 -10am

Aug 12 8:30 -10am

Aug 19 8:30 -10am

**Cost:** Suggested donation \$45. Register early to be guaranteed a spot in this class.

Thursdays

## Angel's Everywhere

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August 17 7:00pm

Tuesday

### Angels Everywhere

Hear Sister Georgeann talk about how close God's messengers are in our day-to-day life in her inspiring presentation. Come and share your experiences. Sister Georgeann now has a book based on stories she has heard over recent years

**Cost:** Suggested Donation \$10

## Remember Bands



A visual way for people to always "remember" those we have lost. The bands are available on HeartLight Center website – [www.heartlightcenter.org](http://www.heartlightcenter.org) or by calling 720.748.9908.

<b><u>Location</u></b> HeartLight Center 11150 E. Dartmouth Ave. Denver, CO 80014 720-748-9908	<b><u>Interested in HeartLight?</u></b> To be added to our email mailing list email <a href="mailto:info@HeartLightcenter.org">info@HeartLightcenter.org</a>  Visit our website for future and ongoing events. <a href="http://www.heartlightcenter.org">www.heartlightcenter.org</a>
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**[PLEASE RSVP to Info@heartlightcenter.org](mailto:Info@heartlightcenter.org) or call 720.748.9908**