

# HeartLight Center



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 families, clergy, hospital and hospice personnel, counselors, therapists, funeral service professionals, and other caregivers in our community.

January – March 2018

## Monthly HeartLight Support Groups

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

### Growing through Grief

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Jan 3	7:00pm	This ongoing support group is open to anyone who has experienced a death. We will spend time learning about the grief process and connecting with others. Meets the 1 <sup>st</sup> Wednesday of each month.
Feb 7	7:00pm	
Mar 7	7:00pm	

### Loss of Spouse/Partner Education & Support Group

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Jan 10	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 <i>or</i> years ago, you are welcome to come and spend an evening with others who are on a similar journey. Meets the 2 <sup>nd</sup> Wednesday of each month.
Feb 14	7:00pm	
Mar 14	7:00pm	

### Loss of a Parent Support Group

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Jan 17	7:00pm	An ongoing support group for those who have experienced the death of a parent(s). Meets the 3 <sup>rd</sup> Wednesday of each month.
Feb 21	7:00pm	
Mar 21	7:00pm	

### Loss of Spouse/Partner Peer Support Group

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Jan 24	7:00pm	An ongoing support group focused on discussion topics relating to the grief and loss journey. Meets the 4 <sup>th</sup> Wednesday of each month.
Feb 28	7:00pm	
Mar 28	7:00pm	

### Men's Group

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Jan 2	7:00pm	A peer support group dedicated to addressing the unique issues encountered by men who have experienced the death of a spouse, partner, or significant other. Meets the 1 <sup>st</sup> Tuesday of each month.
Feb 6	7:00pm	
Mar 6	7:00pm	

### Young Loss of Spouse/Partner Support Group

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Jan 16	7:00pm	An ongoing peer support group for men and women 45 and under who have lost a spouse, partner or significant other recently or years ago. Meets the 3rd Tuesday of each month.
Feb 20	7:00pm	
Mar 20	7:00pm	

**PLEASE RSVP to [info@heartlightcenter.org](mailto:info@heartlightcenter.org) or call 720.748.9908 [www.heartlightcenter.org](http://www.heartlightcenter.org)**

11150 E. Dartmouth Ave. Denver, CO 80014 **Interested in HeartLight emails?** To be added to our email mailing list email [info@HeartLightcenter.org](mailto:info@HeartLightcenter.org)

## Community Groups meeting at HeartLight Center

### East Metro Heartbeat Group

Jan 30	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.
Feb 27	7:00pm	
Mar 27	7:00pm	
Tuesday		
		<b>Facilitator:</b> Katie Ford, MA, LPC 720.300.8213 <b>Co-Facilitator:</b> Brenda Gierczak, MAOM, CG-C 303.667.7864

### Compassionate Friends Aurora Chapter

Jan 18	7:00pm	A self-help group for families who have experienced the death of a child of any age. Meets on the 3 <sup>rd</sup> Thursday of each month.
Feb 15	7:00pm	
Mar 15	7:00pm	
Thursday		
		<b>Facilitator:</b> Jo English 303.551.4320

### GRASP- Grief Recovery After a Substance Passing

Jan 15	7:00pm	GRASP provides sources of help, compassion and most of all understanding for individuals and families who have had someone they love die as a result of substance use or addiction. Meets the 3 <sup>rd</sup> Monday of each month.
Feb 19	7:00pm	
Mar 19	7:00pm	
Monday		<b>Please note:</b> This group is not appropriate for individuals who are currently dealing with substance abuse.

## HeartLight Center Groups in the Community

### Growing through Grief at Waterstone Community Church\*

Jan 4	7:00pm	Join us at <b>Waterstone Community Church</b> to spend an evening learning about the grief process and connecting with others. This group will meet on the first Thursday of each month. This program is a joint effort of HeartLight Center and Halcyon Hospice.
Feb 1	7:00pm	
Mar 1	7:00pm	
Thursday		
		<b>*Please note this group meets at Waterstone Community Church located at 5890 S. Alkire St, Littleton CO 80127</b>

### Northglenn Spouse/Partner Loss Grief Support Group\*

Jan 8	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.
Feb 12	7:00pm	
Mar 12	7:00pm	
		<b>*Please note this group will be held at Halcyon Hospice located at 11154 Huron St, Suite 210 Northglenn</b>

### Young Loss of Spouse/Partner Support Group: 6 months ago or more

Jan 4	7:00pm	An ongoing peer support group for men and women 45 and under who have lost a spouse, partner or significant other who are 6 months or more post loss. This group focuses on topical and small group discussions.
Feb 1	7:00pm	
Mar 1	7:00pm	
		<b>*Meets the 1<sup>st</sup> Thursday of the month at Highlands Church located at 2644 W. 32<sup>nd</sup> Ave, Denver, CO 80211</b>

### Loveland Growing through Grief

Jan 17	7:00pm	Spend of evening learning about the grief process and connecting with others. This group meets on the 3 <sup>rd</sup> Wednesday of each month.
Feb 21	7:00pm	
Mar 21	7:00pm	
		<b>*Please note this group is held in the New Thought Northern Colorado Center for Spiritual Living offices in the Loveland Factory Outlets Mall located at 5628 McWhinney Blvd, Loveland, CO 80538</b>

## HeartLight Center Programs & Special Events

### Save the Date

Saturday, May 5 <sup>th</sup> 2018	<i>"Its All About Love..."</i> will be held on Saturday, May 5th 2018 at the Denver Marriott Tech Center, located at 4900 South Syracuse Street, Denver, CO 80237. An evening of food, inspiring stories and a silent auction to benefit HeartLight Center. Information regarding sponsorship opportunities and tickets coming soon!
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