New Mexico Grief Support Programs

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 virtual support groups, workshops, seminars and resources for individuals who are grieving a death loss of any kind.

IN-PERSON PROGRAMS
MONTHLY GRIEF SUPPORT GROUPS:

GENERAL GRIEF GROUP – GROWING THROUGH GRIEF

Upcoming dates: Wed. Feb 5, Mar 5, Apr 2 | 6:00 PM | UrbanMama505 Kombuchery, 1014 Central Ave SW, Studio A, Albuquerque, NM 87102

An ongoing peer support and educational group for people who have experienced a death loss. Regardless of how long ago the death occurred, you are welcome to attend, helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Wednesday at UrbanMama505 Kombuchery. *No meeting in January due to the New Years holiday.

LOSS OF A SPOUSE/PARTNER

Upcoming dates: Mon. Feb 3, Mar 3, Apr 7 | 5:30 PM | Daniels Family Funerals-Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the first Monday at Daniels- Wyoming.

SUDDEN & TRAUMATIC LOSS GROUP

Upcoming dates: Wed. Feb 12, Mar 12, Apr 9 | 5:30 PM | Daniels Family Funerals-Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110

An ongoing peer support and educational group for people who have experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the second Wednesday at Daniels-Carlisle.

NEW LOSS OF A CHILD SUPPORT GROUP

Upcoming dates: Tues. Feb 4, Mar 4, Apr 1 | 5:30 PM | Daniels Family Funerals-Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110

A welcoming peer support group for parents, grandparents, and caregivers (18+) grieving the death loss of a child at any age and for any reason. Together, we explore the grief process, share stories, and discuss ways to navigate life after loss. Participants are invited to bring a photo or meaningful item to share. Meets monthly on the first Tuesday at Daniels- Carlisle starting February 2025.

HeartLight Website

720-748-9908
info@heartlightcenter.org
www.heartlightcenter.org

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VIRTUAL PROGRAMS
MONTHLY GRIEF SUPPORT GROUPS:

GROWING THROUGH GRIEF

Upcoming Dates: Wed. Feb 5, Mar 5, Apr 2 | 5pm PT / 6pm MST / 7pm CT / 8pm ET
Tues. Feb 18, Mar 18, Apr 15 | 3pm PT / 4pm MST / 6pm CT / 6pm ET
An ongoing peer support and educational group for people who have experienced a death loss, at any time and of any relationship. Helpful for those who are newly bereaved and/or new to our program. Meets monthly on the first Wednesday (6pm MST) and third Tuesday (4pm MST).

LOSS OF SPOUSE/PARTNER

Upcoming Dates: Wed. Feb 12, Mar 12, Apr 9 | 5pm PT / 6pm MST / 7pm CT / 8pm ET

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the second Wednesday.

LOSS OF A PARENT(S)

Upcoming dates: NEW DATES: Wed. Feb 12, Mar 12, Apr 2 | 5pm PT / 6pm MST / 7pm CT / 8pm ET
NEW DATES: Wed. Feb 26, Mar 26, Apr 16 | 5pm PT / 6pm MST / 7pm CT / 8pm ET
An ongoing peer support and educational group for people who have experienced the death of a parent or adult caregiver. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the second and fourth Wednesday monthly at 6pm MST.

LGBTQ+ GRIEF SUPPORT GROUP

Upcoming dates: Mon. Mon. Feb 10, Mar 10, Apr 14 | 4pm PT / 5pm MST / 6pm CT/ 7pm ET

An ongoing peer support and educational group for adult members of the LGBTQIA+ community who have experienced a death loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the second Monday.

YOUNG ADULTS GRIEF SUPPORT GROUP

Upcoming dates: Mon. Feb 17, Mar 17, Apr 21 | 5pm PT / 6pm MST / 7pm CT / 8pm ET

An ongoing peer support and educational group for individuals 18-30 years of age who have experienced a death loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the third Monday.

SUICIDE LOSS GRIEF SUPPORT

Upcoming dates: Thurs. Feb 13, Mar 13, Apr 10 | 5pm PT / 6pm MST / 7pm CT / 8pm ET

An ongoing peer support and educational group for people who have experienced a suicide death-loss. Regardless of relationship or how long ago the death occurred, you are welcome to attend. Meets monthly on the second Thursday.

SUBSTANCE LOSS GRIEF SUPPORT GROUP

Upcoming Dates: Thurs. Feb 27, Mar 27, Apr 24 | 6pm PT / 7pm MST / 8pm CT / 9pm ET

An ongoing peer support and educational group for people who have experienced a death loss where substance use, abuse or overdose are part of the life or death narrative. Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Thursday. *Please note: This group is not appropriate for individuals who are currently dealing with substance abuse.

SUDDEN & TRAUMATIC LOSS GRIEF SUPPORT GROUP

Upcoming dates: Tues. Feb 25, Mar 25, Apr 22 | 5:30pm PT/ 6:30pm MST/ 7:30pm CT/ 8:30 ET

An ongoing peer support and educational group for people who have experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Regardless of how long ago the death occurred, you are welcome to attend. Meets monthly on the fourth Tuesday.

NEW! CAREGIVER SUPPORT GRIEF GROUP

Upcoming dates: Thurs. Thurs. Feb 6, Mar 6, Apr 3 | 4pm PT/ 5pm MST/ 6pm CT/ 7 ET

If you are a caregiver, or have lost someone you cared for, you are invited to attend our new monthly ongoing peer support and educational group for caregivers. We will share about experiences, ideas and support for current and past caregivers. Anticipatory grief is welcome to join. Meets monthly on the first Thursday.

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VIRTUAL PROGRAMS CONT.

CONSISTENT WEEKLY SUPPORT:

FACING THE MOURNING 4-WEEK SUPPORT GROUP

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

Feb dates: Thurs. Feb 6, 13, 20 & 27 | 10am PT/11am MST/12pm CT/1pm EST
Mar dates: Tues. Mar 4, 11, 18 & 25 | 9am PT/10am MST/11am CT/12pm EST

SEMINARS:

FIRST STEPS

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.

Upcoming Dates: Feb 19, Mar 5, April 9
Start Time: 5pm PT/ 6pm MST/ 7pm CT/ 8pm EST

SPECIAL GRIEF WORKSHOPS:

THE BODY IN GRIEF: TENDING TO PHYSICAL EXPERIENCES THAT ACCOMPANY GRIEF

Sat. Feb 22 | 9am(PT) /10am(MST) /11am(CT) /12pm(EST) | On Zoom

This experiential workshop will show you how to gently hold space for any uncomfortable physical states that you may experience in grief. Learn activities and coping techniques for improving mind-body wellness during grief. Cost: $20.

GRIEF SUPPORT AFTER A HOMICIDE LOSS: QUARTERLY MEETING

Tues. Mar 11 | 3pm(PT)/ 4pm(MST) / 5pm(CT) / 6pm(EST)

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.

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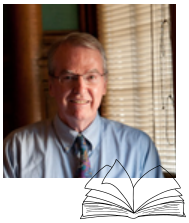
TRAINING AND EDUCATION

UPCOMING EDUCATIONAL SIGNATURE SERIES:

HeartLight hosts experts to speak on various grief and loss topics throughout the year. Seminars are presentational and all are invited to learn.



Ted Bowman Presents:

Program for Professionals:

Narrative Power: Finding Words for Living, Dying, Death and Bereavement

Tues. April 15 | 8am PT/ 9am MST/ 10Am CT/ 11am EST | On Zoom

Program for the Community:

Grief Endings and New Beginnings: Attention to Each and Both

Tues. April 15 | 4pm PT/ 5pm MST/ 6pm CT/ 7pm EST | On Zoom

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.

Facing the Mourning Facilitator Training- For Professionals

Upcoming Dates: Fri. Mar 21
Start Time: 10am PT/ 11am MST/ 12pm CT/ 1pm ET
Cost: $85

RESOURCES:

Resources for those who have experienced a loss as well as professionals supporting someone who has experienced a loss. Learn more by scanning the QR code.

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

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