

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.

Open groups typically run 90-minutes in length.

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

Substance Loss Grief Support

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

Anticipatory Grief

Meets monthly on the third Thursday

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

Professional Workplace Grief Support

Meets monthly on the third Monday

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



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PRACTICAL SUPPORT:



FIRST STEPS

Upcoming Dates: July 8, Aug 5 | 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.



SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

Tues. Jul 7, 14, 21 & 28 | 3-4:30pm PT/ 4-5:30pm MT/ 5-6:30pm CT/ 6-7:30pm ET

This 4-week closed-group is designed for individuals coping with a suicide loss and are within their first year since the death. We will explore grief themes and topics specific to this painful and traumatic end of life in order to connect with our life going forward. Suggested donation: \$40



FACING THE MOURNING 4-WEEK SUPPORT GROUP

July group: Thurs. Jul 9, 16, 23, & 30 | 5-6:30pm PT/ 6-7:30pm MT/ 7-8:30pm CT/ 8-9:30pm ET

August group details coming soon

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 & SPECIALTY PROGRAMS:

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.



OPEN heART STUDIO

Wed. Jul 22 | 5-7:00pm PT/ 6-8:00pm MT/ 7-9:00pm CT/ 8-10:00pm ET

A space for connection, quiet reflection and healing through creative expression. We will focus on using colors and materials to explore emotions, create memories and connect with fellow-grievers. No prior art experience is required, and we'll use materials typically found around the home. Cost: \$20.



CRAFTING YOUR NARRATIVE- WRITING & SHARING YOUR GRIEF STORY

Tues. Aug 4 | 4-6pm PT/ 5-7pm MT/ 6-8pm CT/ 7-9pm ET

Exploration of narrative – how we choose to tell our grief story, in various settings, and how we can gain a sense of control, remembrance and create legacy through use of the written word. Cost: \$20



TOOLS FOR HANDLING PERSONAL BELONGINGS

Sat. Aug 22 | 9am-11amPT/10am-12pm MT/11am-1pm CT/12pm-2pm ET

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.



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Center



TRAINING AND EDUCATION



**FREE
CEUs**

SAVE THE DATE FOR EDUCATIONAL PRESENTATIONS FROM LITSA WILLIAMS & ELEANOR HALEY OF WHATSYOURGRIEF.COM

Tues Sept 1, 2026

Presentation for Professionals: Working With Countertransference and Self-Disclosure in Grief Support
8-10am PT/ 9-11am MT/ 10-12pm CT/ 11-1pm ET

Presentation for the Community: Finding Calm in Life's Storms: Managing Grief and Uncertainty
4-5:30pm PT/ 5-6:30pm MT/ 6-7:30pm CT/ 7-8:30pm ET



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: July 17

Start Time: 10-12pm PT/ 11-1pm MT/ 12-2pm CT/ 1-3pm 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

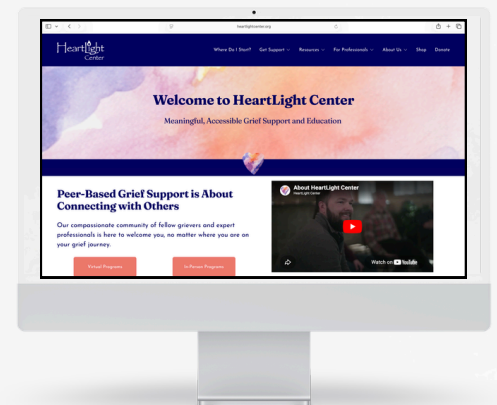


We have a new look!

We redesigned our online home with you in mind:

- Easier, faster registration for all upcoming programs and groups.
- Quick, direct access to crucial grief resources and educational materials.
- A seamless browsing experience across all your devices.

Thank you for your patience as we navigate this exciting transition! If you need any assistance registering for programs or finding what you need, please contact us.



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