



Support at Jefferson Center

Jefferson Center for Mental Health

303-425-0300

Multiple Locations

<http://www.jcmh.org>

- Outpatient Groups – Offers a wide range of support groups for clients of Jefferson Center.
 - Please contact Navigation at 303-432-5130 to learn more about Jefferson Center's current offerings.
- Wellness Now! – Offers an array of classes to support general wellness, including strategies for life after a loss. Most classes are open to community members for \$5 and free to Medicaid members.
 - For more information, request a Wellness Now Catalog from Navigation, contact Wellness Now at 303-432-5032, or visit <http://wellnessnow.jcmh.org>.

Support in the Community

Lutheran Medical Center – Grief Support Services

303-425-8000

Collier Center, 3210 Lutheran Parkway, Wheat Ridge, CO

<http://www.lutheranmedicalcenter.org/services-and-departments/hospice/grief-support/>

- Community Support Group*
 - 2nd and 4th Wednesdays of from 6:30 p.m. – 8:00 p.m.
 - 1st and 3rd Thursdays from 10:00 a.m. – 11:30 a.m.
 - *Attendance is free of charge. No registration is required for the day group. However, please call evening group facilitator, Nichole Williams at 303-403-7255 or Becky Cort at 303-403-7283 prior to attending the evening group for the first time.
- Writing through Your Grief
 - Through a variety of journaling techniques and poem-making exercises, participants will explore tools to work through their grief. Participants should be two months or more past their loss.
 - Cost for four week session is \$45. Please call 303-689-4595 to register.
- Weaving of Memories Group
 - Create a special weaving, incorporating images, words, memories, characteristics of your loved one.
 - Cost for four week session is \$55. Call Janynie Muggli, 303-403-7187 to register.

There are several **free groups** in our community. *Many of the organizations that provide grief support in the community also offer individual grief counseling and family support.*

Our resources are grouped into the following categories:

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Please contact Navigation for additional resources regarding grief support for **Miscarriage and Loss of a Newborn Child. We also have additional information for grief support for **Children & Youth**.*

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



- Through readings, journaling, collage, discussion and many resource materials, participants who are TEN months or more past their loss begin the journey to re-find/re-create their identity and a new meaningful path for their lives.
- *Cost for six week session is \$60. Call Jaynie Muggli, 303-403-7187.*

The Denver Hospice

303-321-2828 (*ask for Grief Services Department*)

501 S. Cherry St. Ste. 700, Denver, CO

- <https://thedenverhospice.org/>
- Newly Bereaved Support Group
 - A 4-week, educational and supportive group for adults who have experienced a death loss within the last three months.
 - Suggested fee is 60\$
- Creative Arts Grief Group
 - A 6-week support group for adults interested in exploring creative tools such as collage, painting, drawing, and sculpting to work through their grief.
 - Suggested fee 120\$ for hospice 140\$ for community bereaved (fee includes material)
- Going Through Grief Group
 - A 6-week, structured support group for adults ready to explore their loss more deeply.
 - Suggested fee is 100\$ for hospice 120\$ for Bereaved
- Mindfulness and Grief Group
 - A 4-week, educational and experiential group for adults who are interested in exploring how the practice of mindfulness can support their grief journey.
 - Suggested fee is 60\$
- Services are offered on a sliding-scale fee. Call for more information.

Agape Hospice Services

720-482-1988

6041 S. Syracuse Ste. 220 Way, Greenwood Village, CO 80111

www.agape-healthcare.com

- Provides various grief and loss support groups for community members.
- Pre-registration is required. Please contact 720-482-1988 to request more information or to register.

Mt. Evans Hospice

303-674-6400

3081 Bergen Peak Dr., Evergreen, CO 80439

<http://www.mtevans.org/services/grief-support/>

- The Mindful Path Through Grief:
 - A free bimonthly group exploring the process of tapping your inner resources to work through grief, including practice of mindfulness techniques.
 - It meets the first and third Monday of each month from 9-10:30am.
- Adult Support Group:
 - An eight-week support group for adults who are grieving the death of a loved one.
 - There is a suggested donation of \$50.



HeartLight Center

303-369-1121

11150 E. Dartmouth Avenue, Denver, CO 80014

<http://www.heartlightcenter.org/>

- Face the Mourning
 - A 4-week interactive support group designed to help people during the grieving process by using tools such as building memorials, journaling, writing letters, and developing future goals using milestones.
 - Cost: \$60 15\$ for participant manual 175\$ includes 1 facilitator manual and 10 participant manuals. RSVP: 720-748-9908
- Growing through Grief
 - An on-going “first” support group for newly bereaved individuals and families who are grieving the loss of a loved one. All are welcome regardless of the type of death. The group meets on the first Wednesday of the month at 7pm.
 - A \$10 donation is encouraged, scholarships are available.

Support for Loss of a Partner/Spouse**Lutheran Medical Center – Grief Support Services**

303-425-8000

Collier Center, 3210 Lutheran Parkway, Wheat Ridge, CO

<http://www.lutheranmedicalcenter.org/services-and-departments/hospice/grief-support/>

- **Grief Education for Bereaved Spouses and Partners** - Six week group emphasizing education and support for the bereaved partner or spouse with the goal of improved adaptation to loss. Call for application and details 303-425-8000. Registration is required. Cost is \$50.

The Denver Hospice303-321-2828 (*ask for Grief Services Department*)

501 S. Cherry St. Ste. 700, Denver, CO

- <https://thedenverhospice.org/>
- **Young Spouse and Partner Group:** Support group is for people 45 years old and under who have lost a partner or spouse and are between 3 and 18 months out from their loss. Call Jennifer Yarbrow group facilitator @ 303-398-6234. Suggested fee is 60\$

HeartLight Center

720-748-9908

11150 E. Dartmouth Avenue, Aurora, CO 80014

<http://www.heartlightcenter.org/>

- Widow(er) Education and Support Group
 - An ongoing support and educational group for people who have experienced the death of a spouse, partner or significant other. (Newcomers are encouraged to attend this group before attending the Widow(er) Peer Support Group). Meets the 2nd Wednesday of each month at 7pm. A \$10 donation is encouraged, scholarships are available.
- Widow(er) Peer Support Group



- An ongoing support group focused on discussion topics relating to the grief and loss journey. Meets the 4th Wednesday of the month at 7pm. A \$10 donation is encouraged, scholarships are available.
- Men's Widower Group
 - 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 on first Tuesday of every month at 7pm. A \$10 donation is encouraged, scholarships are available.

Mt. Evans Hospice

(303) 674-6400

3081 Bergen Peak Dr., Evergreen, CO 80439

<http://www.mtevans.org/services/grief-support/>

- Bereaved Spouses
 - A monthly drop-in group for adults who are grieving the death of a spouse. This group meets the second Thursday of every month, 6-8 p.m. A light dinner is provided.
- Parents Who Have Lost a Spouse
 - A monthly drop-in group for parents (of children under the age of 20) who have lost a spouse. Please call 303-674-6400 for meeting days and times.

Support for Loss of a Parent

HeartLight Center

720-748-9908

11150 E. Dartmouth Avenue, Aurora, CO 80014

<http://www.heartlightcenter.org/>

- Loss of a Parent
 - An on-going support group for adults who have lost a parent. The group meets the 3rd Wednesday of the month at 7pm. A \$10 donation is encouraged, scholarships are available

Mt. Evans Hospice

303-674-6400

3081 Bergen Peak Dr., Evergreen, CO 80439

<http://www.mtevans.org/services/grief-support/>

- Grieving the Death of a Parent
 - A monthly drop in group for adults who are grieving the death of a parent. This group meets the 3rd Tuesday of every month 12:30-2.
 - For more information, call 303-674-6400 or email JPearson@MountEvans.org.

Support for Loss of a Child

Compassionate Friends

(877) 969-0010 – Toll Free

<http://www.compassionatefriends.org/home.aspx>

- A self-help group for families who have experienced the death of a child of any age.
 - Jefferson County Chapter



- Meets the 2nd Monday of each month at 7pm at Faith Community Church, 6228 S. Carr Ct, Littleton, CO 80123. Contact Jim at (720) 226-4523 or jeffcotcf@gmail.com for more information.
- Metro Denver Chapter
 - Meets the 4th Tuesday of each month at 7pm -9 Messiah Community Church, 1750 Colorado Blvd, Denver, CO 80220. Contact Stefan and Barb at 303-340-812 or sbyurich@aol.com for more information.
- Aurora Chapter
 - Meets the 3rd Thursday of each month at 7pm at Heartlight Center, 11150 E Dartmouth Ave, Denver, CO 80014. Contact Jo English at 303-551-4320 for more information.
- Online Support Community
 - The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. http://www.compassionatefriends.org/Find_Support/Online-Community/Online_Support.aspx

The Denver Hospice

303-321-2828 (*ask for Grief Services Department*)

501 S. Cherry St. Ste. 700, Denver, CO

- <https://thedenverhospice.org>
- Adult Child Loss Group
 - 4-week group that addresses the special needs and concerns of parents who have lost an adult child. Group members should allow at least three months from their loss before starting this group.

Mt. Evans Hospice

303-674-6400

3081 Bergen Peak Dr., Evergreen, CO 80439

<http://www.mtevans.org/services/grief-support/>

- Parents Grieving the Loss of a Child
 - A monthly drop-in group for parents who have experienced the death of a child. This group meets the first Thursday of each month from 6-7:30 p.m.

National Organization of Parents of Murdered Children – Front Range Chapter

303-748-6395 (Phil Clark) or 720-366-4165 (Kaye Cannata)

52nd & Zuni, Denver, CO – CenturyLink Building

POMCColorado@gmail.com

<http://www.colorado-pomc.org/>

- Provides emotional support and assistance to parents and other survivors of homicide victims. Meetings are held on the 3rd Saturday of each month at 7:30 PM
- Also provides peer support during legal process and opportunities for legal advocacy.

Support for Loss of a Sibling



HeartLight Center

720-748-9908

11150 E. Dartmouth Avenue, Aurora, CO 80014

<http://www.heartlightcenter.org/>

- My Brother's Keeper: Siblings Supporting Siblings through Grief
 - This group is for adults 20 to 30 years old. Meets the third Tuesday of every month at 7pm. Contact Katie at 303-506-0347 for more information.

Loss through Suicide**Heartbeat - Grief Support Following Suicide**<http://heartbeatsurvivorsaftersuicide.org>

- Offers peer support for family members and friends who have lost a loved one to suicide. Each chapter is organized independently. Please contact the specific Chapter you are interested in for more information.
 - East Metro HEARTBEAT
 - Last Tuesday each month 7-9 pm, HeartLight Center
11150 E. Dartmouth Ave., Aurora, CO
 - Contact: Katie Ford at 303-755-2679 or 720-300-8213 (C) or kford1046@q.com or Brenda Gierczak at 303-667-7864 or bgierczak2@gmail.com.
 - Evergreen HEARTBEAT
 - 3rd Monday of every month, 7-9 pm, Mount Evans Home Health and Hospice
3081 Bergen Peak Drive, Evergreen, CO
 - Contact: Lisa Sjoden at 303-697-6984 or ljsjoden@gmail.com or Heather Aberg at 303-674-6400 or haberg@mtevens.org.
 - North Metro HEARTBEAT
 - 1st Tuesday each month 7-9 pm, Lutheran Exempla Hospital
 - 8300 W. 38th, Wheat Ridge, CO
 - Contact: Katie Ford at 303-755-2679 or 720-300-8213 (C) or kford1046@q.com or Ken Wiig at 303-477-8625.
 - SE Littleton HEARTBEAT
 - 2nd Thursday each month 7-9 pm, Littleton Adventist Hospital
7700 S. Broadway, Littleton, CO
 - Contact: Carol at 720-328-9229 or stat7135@gmail.com or Lisa at 303-697-6984 or ljsjoden@gmail.com.

Community Sponsored Groups

(Resources Listed by Second Wind Fund)

Referral Line: 303-988-2645

<http://www.thesecondwindfund.org/resource-links>

- Parents Surviving Suicide
 - 3rd Tuesday each month, 7-9 pm, Bethany Lutheran Church,
4500 E. Hampden, Cherry Hills Village
 - Contact: Vivian Epstein at 303-322-7450 or VSEPublisher@earthlink.net
- Surviving Your Spouse's Suicide



- 2nd Friday each month, 6:30 -8 pm.
7009 S. Potomac, Suite 109, Centennial.
- Contact: Jessica Edmonds at 303-353-9226 or brightsidecounseling@yahoo.com
- Survivors of Suicide
 - 3rd Monday each month, formerly SW HEARTBEAT, Abiding Hope Lutheran Church
 - 6337 S. Robb Way Littleton, CO 80127 (SE corner of Simms & Coal Mine) in the Patio Room. Use ground level entrance on the south side of building.
 - Call for information and dates: Ted Mershon at 303-977-3037, Ellen Sloan at 303-973-2658 or Mary Wylie at 303-668-6351

Loss through Substance Use

HeartLight Center

720-748-9908

11150 E. Dartmouth Avenue, Aurora, CO 80014

<http://www.heartlightcenter.org/>

- Grief Recovery After a Substance Passing
 - Provides support for individuals and families who have had someone they love die as a result of substance use or addiction.
 - Meets the third Monday of each month at 7pm.

Support for Loss of a Pet

Denver Pet Loss Support Group

303-318-0447

Pet Aid Hospital, 191 Yuma Street (North East Entrance)

<http://www.humananimalbondtrust.org/>

- Provides the help of professional grief counselors through the Pet Loss Support Group.
- Meets every Thursday evening from 6:30 to 8:00 p.m. in the second floor board room of the Denver Area Veterinary Medical Society Office at 191 Yuma Street, NE entrance to PetAid Colorado-Harrison Center for Animals.

Online Support

Grief Link

<https://www.grieflink.com/>

- Online resources for individuals facing a loss and experiencing grief, for those who want to help someone who is grieving, and for finding professionals who help people who are grieving or in the process of bereavement.

Modern Loss

<http://modernloss.com>

- A website that encourages open and honest discussion about living with grief and loss at any stage during the process.

Open to Hope

<http://www.opentohope.com/>



- An online forum to support people who have experienced loss and to help them cope with their pain, heal their grief and invest in their future.

