



Grief Resources for Adults Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

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.

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

Support at Jefferson Center

Jefferson Center for Mental Health

303-425-0300

Multiple Locations

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 - \$10 and free to Medicaid members.
 - For more information, request a Wellness Now Catalog from Navigation, contact Wellness Now at 303-432-5032, or visit <https://www.jcmh.org/wellness/>.

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Support in the Community

The Denver Hospice

303-321-2828

501 S Cherry St, Suite 700, Denver, CO 80246

www.thedenverhospice.org

- Offers in-person and virtual grief counseling for adults.
 - For family and friends of The Denver Hospice patients, six complimentary sessions are offered. After the complimentary sessions, grief counseling sessions are offered on a sliding scale fee ranging from \$35-\$80 per session.
 - For community members, individual grief counseling sessions are offered on a sliding scale fee ranging from \$35 to \$80 per session.
- Offers support group services.
 - Candlelight Remembrance Ceremonies
 - A remembrance service for anyone who has recently lost a loved one who was in the care of The Denver Hospice. Offered quarterly throughout the year and held virtually during COVID.
 - Check website for upcoming dates: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/candlelight-remembrance-ceremonies/>

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- Young(er) Adult Grief Group
 - A group for individuals in their 20s and 30s who have lost a parent or sibling more than 3 months ago.
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/young-adult-grief-group/>
 - Registration and application required.
- Creative Arts Support Group
 - A 6-week support group for adults interested in exploring art to work through their grief. Group members should allow at least 3 months since their loss before joining group.
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/creative-arts/>
 - Registration and application required.
- Going through Grief
 - A 6-week educational and participatory support group for adults. Group members should allow at least 3 months from their loss before participating in this group.
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/going-through-grief/>
 - Registration required by phone at 303-321-2828.
- Newly Bereaved Support Group
 - A 4-week educational and participatory support group for adults who have experienced a death loss within the last 3 months.
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/newly-bereaved/>
 - Registration and application required.
- Men's Grief Group
 - A 6-week virtual support group for adult men. Group members should allow at least 3 months from their loss before participating in this group.
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/mens-grief-group/>
 - Registration and application required.

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HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- Provides monthly support groups that address a number of topics.
 - 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. Group meets on the 1st Wednesday of the month at 7 pm.
 - Other groups include:
 - Loss of a Spouse/Partner Group
 - Healthcare Worker Support Group
 - COVID Loss: You Are Not Alone Group
 - Loss of a Parent Support Group
 - Men’s Loss of a Spouse/Partner Group
 - Young Widowed Group
 - Heartbeat Group for individuals who have lost a loved one to suicide
 - Compassionate Friends for bereaved parents and adult siblings
 - Bereaved Siblings Support Group
 - Grief Recovery after a Substance Passing Group
- Check website for additional information on groups, including dates, times, and locations at <https://heartlightcenter.org/printable-calendar> or email HeartLight Center at info@heartlightcenter.org
- A \$15 donation is encouraged for each group.

Mt. Evans Hospice

303-674-6400

3081 Bergen Peak Dr, Evergreen, CO 80439

www.mtevans.org

- Provides short-term individual counseling, support groups, and referrals to community resources.
- Support groups include: Grieving the Death of a Spouse, Adult Grief Support, Caregiver Support Group, Bereaved Parent Support Group, and Support Group for Caregivers of People with Alzheimer’s Disease and Other Dementias
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/mens-grief-group/>
 - All groups are virtual during COVID, call to register.
- Offers Camp Comfort, a bereavement camp for children ages 6-12 who are grieving the loss of a family member or friend.

The Denver Family Institute

303-756-3340

3600 Yosemite St., Ste. 1050, Denver, CO 80237

<https://denverfamilyinstitute.org/>

- Provides grief & loss counseling
- Contracted with Colorado Access Medicaid, also offers reduced fee sessions

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Family Care Center – Behavioral Health Services

720-790-3366

Multiple locations throughout Colorado

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

- Provides grief & loss counseling
- Accepts most private insurance and offers financial assistance program for individuals without private insurance, and who meet federal poverty income guidelines

Foundations Family Counseling P.L.L.C.

303-393-0085

789 Sherman St, Suite 440, Denver, CO 80203

<https://foundationsfamilycounseling.com/>

- Provides grief & loss counseling
- Insurance: Aetna, Anthem, BC/BS, Medicaid, and limited sliding scale availability

Loss of a Partner/Spouse

HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- Loss of a Spouse/Partner Support Group
 - An ongoing support and educational group for people who have experienced the death of a spouse, partner, or significant other. Newcomers to this agency are encouraged to attend this group before attending the Loss of a Spouse/Partner Peer Support Group.
 - Meets on the 2nd Wednesday of each month.
- Loss of a Spouse/Partner Peer Support Group
 - An ongoing peer support group focused on discussion topics relating to the grief and loss journey.
 - Meets on the 4th Wednesday of each month.
- Young Widowed Group
 - A peer support group for anyone under the age of 45 who has lost a spouse, partner, or significant other.
 - Meets on the 3rd Monday of every month.
- Men's Loss of a Spouse/Partner 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 the 1st Tuesday of every month.
- A \$15 donation is encouraged for each group

Mt. Evans Hospice

303-674-6400

3081 Bergen Peak Dr, Evergreen, CO 80439

www.mtevans.org

- Provides short-term individual counseling and referrals to community resources.
- Provides Grieving the Death of a Spouse group on the 2nd Thursday of each month from 5 pm – 6 pm. Call for details to join virtual group.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Loss of a Parent

HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- Loss of a Parent Support Group
 - An ongoing support group for adults who have experienced the death of a parent.
 - Meets on the 1st Monday and 3rd Wednesday of the month.
- A \$15 donation is encouraged for each group

The Denver Hospice

303-321-2828

501 S Cherry St, Suite 700, Denver, CO 80246

www.thedenverhospice.org

- Young(er) Adult Grief Group
 - A group for individuals in their 20s and 30s who have lost a parent or sibling more than 3 months ago.
 - Check website for upcoming groups: <https://thedenverhospice.org/our-services/denver-hospice-grief-center/young-adult-grief-group/>
 - Registration and application required.

Loss of a Child

HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- Compassionate Friends Aurora Chapter
 - A peer support group for bereaved parents, grandparents, and adult siblings who have experienced the death of a child, grandchild, or sibling at any age for any reason.
 - Meets on the 3rd Thursday of each month.
- A \$15 donation is encouraged for each group

Mt. Evans Hospice

303-674-6400

3081 Bergen Peak Dr, Evergreen, CO 80439

www.mtevans.org

- Provides short-term individual counseling and referrals to community resources.
- Bereaved Parent Support Group
 - A 4-week workshop for parents who have lost an adult child. Call to discuss virtual services during COVID.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Compassionate Friends

877-969-0010

www.compassionatefriends.org

- A self-help group for families who have experienced the death of a child of any age.
 - Jefferson County Chapter
 - Faith Community Church – 6228 South Carr Ct, Littleton, CO 80123
 - Contact: Jim 720-226-4523; email: jeffcotcf@gmail.com
 - Meeting is held the 2nd Monday of every month at 7 pm
 - Metro Denver Chapter
 - 1750 Colorado Blvd, Denver, CO 80220
 - Contact: Ben 303-355-7710; email: denverbengreen@gmail.com
 - Meeting is held the 4th Tuesday of each month at 7 pm – 9 pm
 - Meetings are virtual during COVID; call for login information
 - Online Support Community
 - Offers "virtual chapters" through online support communities (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:
<https://www.compassionatefriends.org/find-support/online-communities/online-support/>
 - Private Facebook groups for bereaved parents, siblings, or grandparents:
<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

Loss of a Sibling

HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- Bereaved Siblings Support Group
 - Support group for individual 18 and older who are grieving the loss of their sibling or siblings.
 - Meets on the first 1st Thursday of month from 7 pm - 9 pm.
- Compassionate Friends Aurora Chapter
 - A peer support group for bereaved parents, grandparents, and adult siblings who have experienced the death of a child, grandchild, or sibling at any age for any reason.
 - Meets on the 3rd Thursday of each month.
- A \$15 donation is encouraged for each group.

The Denver Hospice

303-321-2828

501 S Cherry St, Suite 700, Denver, CO 80246

www.thedenverhospice.org

- Young(er) Adult Grief Group
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 - Registration and application required.

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Loss through Suicide

HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- East Metro Heartbeat Group
 - An ongoing monthly support group for those who have lost a loved one to suicide.
- A \$15 donation is encouraged for each group.

Loss through Substance Use

HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

www.heartlightcenter.org

Calendar of Events: <https://www.heartlightcenter.org/index.php/events/>

- GRASP – Grief Recovery After A Substance Passing
 - A support group for individuals and families who have lost a loved one as a result of substance use or addiction. Please note that this group is not appropriate for individuals currently dealing with substance abuse.
 - Meets the 3rd Monday of the month.
- A \$15 donation is encouraged for each group.

Loss of a Pet

Denver Pet Loss Support Group

303-539-7646

www.humananimalbondtrust.org

- Provides a support group for individuals who have lost a pet.
- Meets weekly on Thursday at 6:30 pm – 8 pm. Support group is virtual during COVID; visit <https://www.humananimalbondtrust.org/pet-loss-support-group-520028.html> for instructions to connect.

Online Support

Grief Resource Network

www.griefresourcenetwork.com

- Provides resources and support groups for individual grieving a loss.

Modern Loss

www.modernloss.com

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

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Open to Hope

www.opentohope.com

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

Center for Loss

970-226-6050

3735 Broken Bow Rd, Ft Collins, CO 80526

Hours: 8am-4:30pm

<https://www.centerforloss.com>

- Provides online resources for supporting those going through grief
- Offers seminars to develop skills in supporting those going through grief