



# Grief Resources for Adults

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## Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto: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](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 - \$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/>.

### Support in the Community

#### **The Denver Hospice**

303-321-2828

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

[www.thedenverhospice.org](http://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.

## Agape Hospice Services

720-482-1988

6041 S Syracuse Way, Suite 220, Greenwood Village, CO 80111

[www.agape-healthcare.com](http://www.agape-healthcare.com)

- Provides grief support, including short term counseling, support groups, and educational material at no cost to anyone in community, even if care was not provided by Agape.
- Pre-registration is required. Call to request more information and to register.

## HeartLight Center

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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 1<sup>st</sup> Wednesday of the month at 7 pm.

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- 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/index.php/monthly-grief-support-groups/> or email HeartLight Center at [info@heartlightcenter.org](mailto: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](http://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.

## **Loss of a Partner/Spouse**

### **HeartLight Center**

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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 2<sup>nd</sup> 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 4<sup>th</sup> Wednesday of each month.

Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

- 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 3<sup>rd</sup> 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 1<sup>st</sup> 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](http://www.mtevans.org)

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

## **Loss of a Parent**

### **HeartLight Center**

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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 1<sup>st</sup> Monday and 3<sup>rd</sup> 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](http://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.

Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

## Loss of a Child

### **HeartLight Center**

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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 3<sup>rd</sup> 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](http://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.

### **Compassionate Friends**

877-969-0010

[www.compassionatefriends.org](http://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](mailto:jeffcotcf@gmail.com)
    - Meeting is held the 2<sup>nd</sup> Monday of every month at 7 pm
  - Metro Denver Chapter
    - 1750 Colorado Blvd, Denver, CO 80220
    - Contact: Ben 303-355-7710; email: [denverben.green@gmail.com](mailto:denverben.green@gmail.com)
    - Meeting is held the 4<sup>th</sup> 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/>

## **National Organization of Parents of Murdered Children – Front Range Chapter**

303-748-6395 (Phil Clark)

5325 Zuni St, Denver, CO 80221 (CenturyLink Building)

[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)

[www.colorado-pomc.org](http://www.colorado-pomc.org)

- Provides emotional support and assistance to parents and other survivors of homicide victims.
  - Meetings are held on the 3<sup>rd</sup> Saturday of each month at 7 pm.
- Offers peer support during legal process and opportunities for legal advocacy.

## **Loss of a Sibling**

### **HeartLight Center**

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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 1<sup>st</sup> 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 3<sup>rd</sup> 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](http://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 through Suicide**

### **HeartLight Center**

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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.



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## Loss through Substance Use

### **HeartLight Center**

720-748-9908

11150 E Dartmouth Ave, Denver, CO 80014

[www.heartlightcenter.org](http://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 3<sup>rd</sup> 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](http://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](http://www.griefresourcenetwork.com)

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

### **Modern Loss**

[www.modernloss.com](http://www.modernloss.com)

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

### **Open to Hope**

[www.opentohope.com](http://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.