

Halcyon

is now at



Lights of Love

A Virtual Remembrance Service

February 13, 2021 - 10:00 a.m.

Halcyon at Colorado VNA and Pathways Center for Grief & Loss invite you to remember someone who has been special in your life and connect with others who are coping with loss by attending our virtual Lights of Love event.

Join in the connection of community for readings, music, reading of names and a candlelight ritual.

Please register at <http://bit.ly/LightsOfLoveMemorial>



Grief & Meditation 4 Week Group

Few of us are taught how to cope with day-to-day stress, much less grief. When someone we love dies, our emotions can feel like an overwhelming rollercoaster.

Meditation can help you manage the changes you are experiencing in your life. It can help you feel more connected to your own body, to the people around you, and even to the person you are grieving.

Join us for this 4-week meditation and grief group, where we will support one another as we learn how to meditate or deepen an already existing meditation practice.

In this online meditation course and grief group, you will learn meditation and guided relaxation techniques to help you mindfully attend to your loss - which is not about denying pain, but rather about creating space in your heart and life to be present and nurture yourself no matter what arises.

Meets Mondays, February 15th, February 22nd, March 1st, & March 8th 4:30 p.m. - 6:00 p.m.
Space is limited. Registration is required.

For more information or to register contact: Halcyon Grief Support at 720-325-2987 or griefsupport@myhalcyon.org or visit our website at www.halcyonhospice.org

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Ongoing Support Groups - Spring 2021

Due to the current social distancing restrictions and commitment to protecting our group members, these groups will be offered in an online format until we can determine that it is safe to gather in person. Please contact Halcyon Grief Support or visit our website at www.halcyonhospice.org for the most current and updated information about how we are offering our groups.

Survivors of Sudden Loss Grief Support Group

An ongoing resource for those who have experienced a sudden, unexpected or accidental death.

Meets on the first and third Thursdays of every month, 6:30 p.m. – 8:00 p.m.

Walking Through Grief: A Trail Walking Group

This group is designed to be a safe place to get some gentle exercise and have a quiet time with supportive companions.

Contact Grief Support or see website www.halcyonhospice.org for more info on current status

Daytime Grief Support Group

This group is an ongoing resource for those who have experienced a death loss.

Meets on the first and third Mondays of every month, 4:00 p.m. - 5:30 p.m.

**Co-sponsored with Broomfield Senior Center*

Spouse/Partner Loss Grief Support Group

This group is an ongoing resource for those who have experienced the death of a spouse or partner.

All groups meet 6:30 p.m. - 8:00 p.m.

Thursday Group: Feb. 11th & 25th, March 11th & 15th and April 8th & 22nd

Monday Group: Feb. 15th, March 15th and April 19th

Jewish Grief Group

This group offers a safe and supportive environment where you can mourn and share your losses in a Jewish context.

Meets on the first and third Wednesdays of every month, 10:30 a.m. - 12:00 p.m.

**Co-sponsored with Jewish Family Service*

For more information or to register contact:

Halcyon Grief Support at 720-325-2987 or griefsupport@myhalcyon.org, or visit our website at www.halcyonhospice.org

**Sign up for current Grief Support updates about new groups and events on our website*

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www.facebook.com/ColoradoVisitingNurseAssociation/

