Special Events and Programs

Lights of Remembrance Virtual Memorial Service

Monday, December 12th
5:00 p.m. – 6:30 p.m.
Zoom

This holiday season, we 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 Remembrance Event.

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

Co-sponsored with Pathways Center for Grief & Loss
Register at https://conta.cc/3V0kecR

Young Adult Grief Gathering

A new grief support resource for people in their 20’s and 30’s who are looking to gather with their peers and connecting with others who “get it.”

Meets twice a month, virtually and in person
11:00 a.m. – 12:30 p.m.

If you are interested, please register online at https://vnacolorado.org/grief-support/grief-support-groups/
You will be added to an email list with announcements and additional information about future gathering schedules

Visit our website www.vnacolorado.org or contact griefsupport@vnacolorado.org to register

Want to get the most up to date information about our events and services? Sign up for our electronic newsletters and event updates at http://vnacolorado.org/grief-support/grief-support-groups

Follow us on Facebook
www.facebook.com/ColoradoVisitingNurseAssociation/
Ongoing Support Groups - Winter 2022

Support groups provide a safe place to explore your grief in a comfortable setting and connect with others who have experienced loss. We have both virtual and in person offerings.

**Spouse/Partner Loss Grief Support Group**
Ongoing resource for those who have experienced the death of a spouse or partner.
**Meets virtually on the 2nd & 4th Thursday of the month, 6:30 p.m. - 8:00 p.m.**

**Survivors of Sudden Loss Grief Support Group**
Ongoing resource for those who have experienced a sudden, unexpected or accidental death.
**Meets virtually on the 1st & 3rd Thursday of the month, 6:30 p.m. - 8:00 p.m.**

**Jewish Grief Support Group**
A safe and supportive environment where you can mourn and share your losses in a Jewish context.
**Meets virtually on the 2nd & 4th Tuesday of the month, 4:00 p.m. - 5:30 p.m.**

**Meditation & Grief Support Group**
Opportunity to learn meditation and mindful skills to support the grief process in a community setting.
**Meets virtually on the 1st & 3rd Tuesday of the month, 4:30 p.m. - 6:00 p.m.**

**Monday Mournings: Daytime Grief Support Group - Broomfield**
Ongoing resource for those who have experienced a death loss.
**Meets on the 2nd & 4th Monday of the month, 10:30 a.m. - 12:00 noon**
**Meets at Broomfield Senior Center, 280 Spader Way, Broomfield, CO 80020**

**Walking Through Grief: Trail Walking Group**
Ongoing group designed to be a safe place to get some exercise and have quiet time in nature with supportive companions.
**Meets on Wednesday, 9:00 a.m. - 10:00 a.m Boulder/Longmont Trails**

**Yoga for Grief**
Opportunity to move together and explore mindful ways to process through grief emotions. All levels practice. No yoga experience necessary. This group is co-sponsored by Pathways and Colorado Visiting Nurse Association (CVNA)
**Meets on 2nd & 4th Wednesdays, 4:30- 6:00 p.m.**
**Meets at Pathways, 305 Carpenter Road, Fort Collins, CO 80525**
**Virtual option available for anyone who does not live in Northern Colorado**

**Virtual Caregiver Support Group**
This group is for people who are actively caregiving to help you build strength through support and connection with others in similar situations.
**Meets virtually on 1st & 3rd Tuesday of the month, 1:00- 2:30 p.m.**

Visit our website [www.vnacolorado.org](http://www.vnacolorado.org) or contact griefsupport@vnacolorado.org to register.