

Online Grief Support Opportunities:

- Yoga for Grief: Exploring our Curious Self with Paul Dennison \$38 – Thursdays in January, 1pm: [Spark - A Community of the Heart](#)
- Wonderland Online Weekly Somatic Journey with Paul Dennison \$180 – Jan 20 – March 10, Tuesdays 12-1pm: [Wonderland: A Somatic Journey Back to Yourself](#)
- Helping Others With Grief in 2026 – Jan 21, 12pm: [Free Event - Helping With Grief](#)
- SOAR Healing from Outdoor Trauma Monthly Support Group (Free) – Starts Jan 22, 5:30-7pm: Email info@soar4life.org if you are interested in attending: [Peer support groups — Survivors of Outdoor Adventures and Recovery](#)
- Facing the Mourning Facilitator Training \$90 - Jan 23, 11am: [Facing the Mourning Facilitator Training Jan 23 2026 at 11am \(MT\) - virtual - HeartLight Center](#)
- Grief After the Holidays: Goal Setting & Tending in the New Year \$20(suggested donation) – Jan 31, 9:30am: [Grief After the Holidays: Goal Setting & Tending in the New Year - Virtual Workshop - Jan 31 2026 - HeartLight Center](#)
- Virtual Facing the Mourning 4-Week Grief Support Group \$70 – Thursdays Feb 5-26, 11am-12:30pm: [Facing the Mourning 4-Week Group - February 2026 - Virtual - HeartLight Center](#)
- Grief Educator Certification Course with David Kessler – Feb 10 – Apr 28: [Grief Educator Certification with David Kessler](#)
- SOAR Provider Cohort Connection Meeting – Feb 12, 5:30-7pm: [Provider cohort — Survivors of Outdoor Adventures and Recovery](#)
- GrieveWell Upcoming Events Calendar: [Upcoming Events Calendar - GrieveWell](#)