

Community Grief Support Programs

Cress Funeral & Cremation Service is committed to caring for our community. Through our partnership with the HeartLight Center for Grief, we are proud to offer grief support opportunities for individuals, families, professionals, and all members of the community.



cressfuneralservice.com
608-238-3434

F-week Support Group West

4-week Support Group East

Professionals/Community Education Series

Monthly Support Groups

GRIEF SUPPORT

Facing the Mourning

4-Session Support Group
Madison, WI

An interactive support group designed to help with the grieving process by using visual and thought-provoking tools. During these four sessions, the participants share their story, build memorials, compose letters, write in journals and develop goals with milestones. Designed for all types of losses, individuals and family members. Cost \$65, includes all 4 sessions and manual.



Details:
Tuesdays, March 3rd, 10th, 17th, and 24th
5:30-7:00 PM
3630 Speedway Road, Madison, WI 53705

Register:
Email: info@heartlightcenter.org
Call: 720-748-9908

Scan:


In Partnership With:


About the Facilitators: Lauren Jensen, LCSW & Kaitlin Talbot
Lauren is a Licensed Clinical Social Worker (LCSW) and Certified Grief Professional with over 10 years of experience. She believes in the power of storytelling and that every person carries their own unique story. Lauren serves as a compassionate guide for those navigating grief and loss, trauma, and mental health concerns, approaching each healing journey with authenticity and care.

Kaitlin is a member with HeartLight Center committed to providing grief services with a space to be seen and heard regardless of their experience with loss. A member of local bereavement and OPR chapters, Kaitlin has special interests in supporting individuals and families navigating grief, trauma, and mental health challenges. She is passionate about integrating creative tools such as art, writing, and music to make the process of grieving more accessible and fulfilling.

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Details:
Tuesdays, April 7th, 14th, 21st, 28th
5:30-7:00 PM
1310 Emerald Terrace, Sun Prairie, WI 53190

Register:
Email: info@heartlightcenter.org
Call: 720-748-9908

Scan:


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Educational Signature Series:

UNDERSTANDING GUILT WITH SUICIDE LOSS

Presented by Rebecca Sanford, PhD, RCSW, RCC

TUESDAY, FEBRUARY 24TH 2026

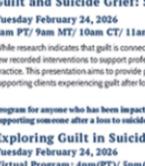
Program for Professionals: Guilt and Suicide Grief: Supporting Grieving Clients
Tuesday February 24, 2026
8am PT/ 9am MT/ 10am CT/ 11am ET | Virtual Program

While research indicates that guilt is connected to negative outcomes in bereavement, there are few recorded interventions to support professionals in addressing bereavement-related guilt in practice. This presentation aims to provide professionals with information and resources for supporting clients experiencing guilt after losing someone to suicide.

Program for anyone who has been impacted by suicide loss or is supporting someone after a loss to suicide:
Exploring Guilt in Suicide Bereavement
Tuesday February 24, 2026
Virtual Program: 6pm(PT)/ 5pm(MT)/ 6pm(CT)/ 7pm(ET)
In-Person Livestream: 6:30 PM at HeartLight Center

Many people who have lost someone to suicide experience feelings of responsibility and guilt. And sometimes guilt can become a catchall word for any negative feelings one has about themselves as it relates to the loss. This presentation is intended to support people who have lost someone to suicide and are experiencing guilt related to the loss. The presentation offers an opportunity to expand your understanding of guilt and reconsider your relationship to it.

About the Presenter:
Rebecca A. Sanford, PhD, RCSW, RCC is an Associate Professor in the School of Social Work and Human Service at Thompson Rivers University in Kamloops, British Columbia, where she also maintains a consulting practice specializing in working with people who are impacted by suicide as well as people who work in bereavement professions. Rebecca provides individual and group interventions for those who are impacted or concerned with suicide. She conducts research to further our understanding of the bereavement trajectory, interventions for people who are bereaved or otherwise impacted by suicide, and training for help/grief professionals or responding to suicide.



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Grief Support Circle: Open Support for Any Death Loss

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Participants are welcome to bring a photo or special object to share during group.

Meets the third Wednesday monthly
4:00 - 5:30 PM at Cress Madison East 3325 E Washington Ave, Madison, WI 53704



Loss of a Spouse/Partner Group

An ongoing support group for people who have experienced the death of a spouse, partner, or significant other. If your loss is recent or years ago, you are welcome to spend an evening with others who are on a similar journey.

Meets the Fourth Wednesday monthly
at Cress Center 6021 University Ave, Madison, WI 53705

