



# CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

## Bereavement Calendar March – May 2024

Based on grief research and our clinical practice, we find that our support groups benefit those individuals who participate in these groups at least three (3) months after the loss of a loved one. Registration in our Newly Bereaved workshop is recommended for those who have experienced loss within the past three months. For the full description of a group, please visit our website at [CareDimensions.org/FindSupport](https://www.CareDimensions.org/FindSupport)

**Support groups are open to Massachusetts residents ONLY.**

### **VIRTUAL: NEWLY BEREAVED**

#### ***A one-time workshop for loss within the last three months***

For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by Thursday before group.

**Virtual via Zoom**

**Monday, April 1 or May 6, 3 – 5 pm**

### **VIRTUAL: NEWLY BEREAVED**

#### ***A one-time workshop for loss within the last three months***

This workshop is open to friends and family of Care Dimensions patients only. For people whose loved one died on CD hospice services within the last three months. RSVP by Friday before group.

**Virtual via Zoom**

**Wednesday, April 10 or May 8, 3 – 5 pm**

### **VIRTUAL: ¿HA PERDIDO UN SER AMADO?**

#### **VIRTUAL: SPANISH GRIEF AND LOSS**

¿Necesita ayuda para continuar su vida después de una pérdida difícil? Care Dimensions ofrecerá un grupo de apoyo en español para navegar el difícil proceso del luto. Si le interesa por favor envíe un correo electrónico a Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, [bourgau@ebnhc.org](mailto:bourgau@ebnhc.org) o llamar 857-248-5728. For information, email Erin Bourgault at [bourgau@ebnhc.org](mailto:bourgau@ebnhc.org) or call 857-248-5728.

**Virtual via Zoom**

**sábados, 9 y 23 de marzo; 13 y 27 de abril; 11 de mayo,**  
10 – 11:30 am

**Saturdays, March 9 and 23; April 13 and 27; May 11,**  
10 – 11:30 am

### **VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP**

RSVP to [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org) by Friday prior to group.

**Virtual via Zoom**

**Mondays, March 11, April 8 and May 13, 10:30 – 11:30 am**

### **VIRTUAL: LOSS OF SPOUSE/PARTNER**

To register, contact [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org).

**Virtual via Zoom**

**Wednesdays, March 27 – May 22, 2:00 – 3:30 pm**

*Note: Group will not meet on April 10 nor May 8.*

### **SERVICE OF REMEMBRANCE**

Care Dimensions cordially invites you and your family to join us for a Service of Remembrance to honor the memory and celebrate the life of your loved one. The service includes inspirational readings and reflective music. People of all faiths and spiritual beliefs are welcome to join in this time of remembrance. Please RSVP to [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org).

**Second Congregational Church**

**35 Conant Street, Beverly, MA**

**Sunday, April 21, 3:00 – 4:00 pm**

### **CHILDREN'S BEREAVEMENT SUPPORT GROUPS**

Contact [ChildLife@CareDimensions.org](mailto:ChildLife@CareDimensions.org) to register.

**COMING SOON**

**VIRTUAL: RAISING GRIEVING CHILDREN WORKSHOPS FOR PARENTS AND CAREGIVERS**

**For more information or to register:**  
visit - [CareDimensions.org/FindSupport](https://www.CareDimensions.org/FindSupport)  
call - 855-774-5100 or  
email - [grief@CareDimensions.org](mailto:grief@CareDimensions.org)

**Advance registration is required for all groups and workshops.**  
**Dates and times are subject to change. Although there is no charge**  
**for most support groups, donations are appreciated.**