



Care Dimensions, one of the nation's first hospice programs and the region's largest, provides services in more than 90 communities in Eastern Massachusetts.

As a non-profit, community-based leader in advanced illness care, we honor diversity and welcome patients of all race, color, national origin, age, disability, religion, sexual orientation or gender expression. Our services include:

- Hospice
- Palliative care
- Specialized care programs: *Dementia, Cardiac and Lung Diseases, Pediatrics, Developmentally Disabled Adults*
- Meeting the unique needs of: *Veterans and the LGBTQ Community*
- Kaplan Family Hospice House and Care Dimensions Hospice House
- Grief support
- Education and training

Main: 888-283-1722
Referrals: 888-287-1255
Referral Fax: 978-774-4389

CareDimensions.org



ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-888-283-1722 (TTY: 7-1-1).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-283-1722 (TTY: 7-1-1).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços lingüísticos, grátis. Ligue para 1-888-283-1722 (TTY: 7-1-1).



Grief Support



Care Dimensions, founded as Hospice of the North Shore, provides compassionate care throughout all stages of advanced illness.

Our expansive services and expert staff honor the richness of patient lives – addressing complex medical issues, as well as emotional, spiritual and family concerns.

Care Dimensions offers comprehensive support for adults and children in all stages of the grieving process, regardless of their involvement in hospice services.

Grief is the process we go through to help us heal. It is a way to move forward and still carry our memories forever.

"It's such a help being with people who understand what you are going through."

GRIEF SUPPORT PROGRAM

A family's need for support does not end when their loved one dies. Our bereavement program, one of the most comprehensive in New England, provides grief support at the Bertolon Center for Grief & Healing in Danvers, in our Waltham office and at community locations. Staffed by bereavement and counseling professionals, it is open to anyone experiencing grief and loss, regardless of whether they've been involved in hospice care.

We help families understand what they've been going through, identify resources and provide options for learning more about grief and feelings, individually and in groups. At the same time, our program teaches others to support and comfort loved ones who are grieving. Our mission is to help each person understand, cope and grow through the grieving process.



SUPPORT THAT MEETS YOUR NEEDS

Just as each person finds the strength to heal in different ways, our comprehensive bereavement program offers a variety of supportive and educational services.

Support Groups

Led by licensed bereavement professionals, our support groups bring people together to share feelings and experiences, as well as to receive support and education about the grief process. Groups are offered throughout the year and address relationship loss including spouse/partner, parent, adult child and sibling.

Workshops

Hands-on workshops on a variety of topics address specific issues and help participants find practical ways to manage grief.

Individual Counseling

Bereavement counselors assess the needs of the bereaved and provide short-term counseling to assist the bereaved in expressing their feelings, as well as understanding what to expect during the grieving process. As needed, the Bereavement counselor will also help to identify additional supportive resources.

Lending Library

You may find comfort in researching and learning about your feelings and those of others. Our lending library has a collection of books, videos and articles about grieving.

Information and Referral

If you need help but aren't sure where to turn, our staff can recommend and help you access services and programs that fit your individual needs.

For more information about our programs, call our Grief Support staff at 855-774-5100, or visit our website at www.CareDimensions.org/grief for more resources.

HELPING KIDS & TEENS GRIEVE

Children affected by loss often need assistance expressing and understanding their feelings. Coordinated by a child life specialist, our comprehensive children's program helps children, parents, caregivers and professionals who work with children. Ongoing support groups, parent/caregiver consultation, and individual counseling are offered. In addition, we provide specialized parent workshops, community and school outreach, and an array of other services to meet specific needs.

Camp Stepping Stones

Each summer, we offer a free family retreat for children and teens who have experienced the death of someone close. Parent and caregiver programs are offered while the kids and teens participate in fun and healing activities.

OUTREACH

Community Outreach

Our community outreach and education programs teach businesses, schools and other groups how to manage and work with those who have been touched by grief. We also provide speakers on grief-related topics.

SUPPORTING CARE DIMENSIONS

Community support makes it possible for us to provide most of our services without charge, enabling anyone in the community to access the support they need, whether or not their loved one was a Care Dimensions patient. By supporting Care Dimensions as a volunteer or with your tax deductible donation, you make it possible for us to continue our mission.

WHEN YOU SHOULD CALL

Grief has no timetable, so there is never a wrong time to call. Call us:

- When children are affected by the death of someone close
- If you have lost a loved one through illness, suicide, accident or violent crime
- When you are concerned about a friend or loved one who is grieving
- When a loss has affected your business, congregation or school, and you want guidance on how to comfort and support those who are grieving

Care Dimensions' grief support program offers assistance for people in all stages of the grieving process.

For more information, please call **855-774-5100** or email Grief@CareDimensions.org.

"I didn't know what to expect in the support group and was very hesitant to go. But I'm glad I went. It was the best thing for me."