

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

Greater Boston Programs held at 333 Wyman Street, Suite 100, Waltham, MA, unless otherwise stated.

January – March 2019

We now offer online registration!

Visit CareDimensions.org/calendars and select the name of the group you are interested in.

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.

NEWLY BEREAVED

A one time workshop for loss within the last 3 months

Waltham

Monday, January 7, 4 – 6 p.m.

COPING WITH LOSS AFTER AN ILLNESS

Emerson Hospital, Concord

Thursdays, January 10 - February 21, 6 – 7:30 p.m.

LOSS OF PARENT

Care Dimensions Hospice House, Lincoln

Saturdays, January 12 - March 2, 10 – 11:30 a.m.

LOSS OF SPOUSE/PARTNER

Waltham

Thursdays, March 14 - May 2, 6 – 7:30 p.m.

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Advance registration is required. Contact Contact Cammy Adler-Roth at CAlder-Roth@CareDimensions.org or 978.750.9335.

FAMILY NIGHTS-MATTAPAN

SPARK Center, 255 River Street, Mattapan, MA

February-June, 1st Tuesday of the month, 6 – 7:30 p.m.

FAMILY NIGHT - DORCHESTER

Boston Bowl, 820 Morrissey Blvd, Boston, MA

Tuesday, January 15, 6 – 7:30 p.m.

COMING SOON!

CHILD LIFE MONTH –NATIONWIDE MARCH!

Stay tuned to Care Dimensions' social media for ways to support youth who have experienced the death of someone important to them.

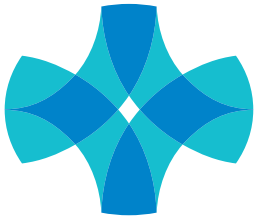
COOKING TOGETHER. HEALING TOGETHER - FAMILY NIGHT (BOSTON) MARCH 2019

Note: Zip code in Waltham is 02451.

Visit CareDimensions.org to learn more about programs and resources.

For more information or to register call 855-774-5100 or email 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.



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HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

North Shore Programs held at the Bertolon Center for Grief & Healing,
78 Liberty Street, Danvers, MA, unless otherwise stated.

January 2019

We now offer online registration!

Visit CareDimensions.org/calendars and select the name of the group you are interested in.

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.

NEWLY BEREAVED

A one time workshop for loss within the last 3 months

Danvers

Thursday, January 3, 3 – 5 p.m.

MONTHLY CAREGIVER SUPPORT GROUP

Our drop in Caregiver Support Group is a comfortable and relaxing space to release some of the stress you carry as you care for your loved one.

Danvers

Monday, January 14, 10:30 – 11:30 a.m.

SUDDEN LOSS

Danvers

Mondays, January 7 - March 4, 2019, 6 – 7:30 p.m.

LOSS OF SPOUSE/PARTNER

Danvers

Saturdays, January 12 - March 2, 2019, 12:30 – 2 p.m.

LOSS OF ADULT CHILD

Danvers

Saturdays, January 12 - March 2, 2019, 10:30 a.m. – noon

LOSS OF SIBLING

Danvers

Mondays, January 14 - March 4, 2019, 3:30 – 5 p.m.

LOSS OF SPOUSE/PARTNER

**Peabody Council on Aging, Torigian Community Life Center
75 Rear Central Street, Peabody**

Thursdays, January 17 - February 21, 2019, 12:30 – 2 p.m.

LOSS DUE TO SUBSTANCE DROP-IN

Care Dimensions invites people who are grieving a death due to substance use to participate in this drop-in support group. Participants will find a safe, welcoming space to express their grief among others with similar experiences. We will also discuss what to expect while grieving and strategies for coping.

Danvers

**2nd & 4th Tuesday of each month beginning January 8, 2019,
3:30 – 4:30 p.m.**

GENERAL GRIEF & LOSS DROP-IN

Care Dimensions invites people who are grieving a death to participate in this drop-in support group. Participants will find a safe, welcoming space to express their grief among others with similar experiences. We will also discuss what to expect while grieving and strategies for coping.

Danvers

**1st & 3rd Tuesday of the month beginning January 15, 2019,
3:30 – 4:30 p.m.**

COMING SOON!

**YOUNG WIDOWED
LOSS OF PARENT**

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Advance registration is required. Contact Contact Cammy Adler-Roth at CAlder-Roth@CareDimensions.org or 978.750.9335.

NORTH SHORE CHILDREN/TEEN BEREAVEMENT GROUP

Register soon - limited space available!

February-June, 2nd and 4th Tuesdays of the month, 6 – 7:30 p.m.

COMING SOON!

CHILD LIFE MONTH –NATIONWIDE MARCH!

Stay tuned to Care Dimensions' social media for ways to support youth who have experienced the death of someone important to them.

COOKING TOGETHER. HEALING TOGETHER - FAMILY NIGHT (BEVERLY) APRIL 2019

Note: Zip code in Danvers is 01923.

Visit CareDimensions.org to learn more about programs and resources.

**For more information or to register
call 855-774-5100 or
email 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.