

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

## Bereavement Calendar

Greater Boston Programs held at 333 Wyman Street, Suite 100, Waltham, MA, 02451 unless otherwise stated.

### April – May 2020

We now offer online registration!

Visit [CareDimensions.org/calendars](https://www.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. For the full description of a group, please visit our website calendar at [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars).

**The following groups are planned, but are subject to change as the status of Covid-19 evolves in the state.**

#### NEWLY BEREAVED

*A one time workshop for anyone with a death in past 3 months.*

RSVP required by March 30/April 27.

Care Dimensions Hospice House, 125 Winter Street, Lincoln  
Monday, April 6 and May 4, 4 – 6 p.m.

#### HA PERDIDO UN SER AMADO?/ ARE YOU GRIEVING A LOVED ONE?

¿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.

Para mas informacion, por favor contacte a Erin Bourgaue,  
Coordinator of Support Services at the East Boston Clinic,  
617-568-4024 o [bourgaue@ebnhc.org](mailto:bourgaue@ebnhc.org)

East Boston Neighborhood Health Center  
250 Sumner, East Boston

Sábado, 11 de Abril y 9 de Mayo, 10 – 11:30 a.m.

Para mas informacion, por favor contacte a April Evans,  
781-373-6609 o [grief@CareDimensions.org](mailto:grief@CareDimensions.org)

North Suffolk Mental Health Association  
301 Broadway, Chelsea

Jueves, 9 de Abril y 14 de Mayo, 4:30 – 6 p.m.

#### LOSS OF SPOUSE/PARTNER

Pre-registration is required by March 25.

Lexington Senior Center

Wednesdays, April 1 - May 6, 1 – 2:30 p.m.

#### SPRING SERVICES OF REMEMBRANCE & HOPE

To honor the memory and celebrate the life of your loved one, Care Dimensions cordially invites you and your family to join us for our Spring Service of Remembrance & Hope. This service includes inspirational readings and live music. People of all faiths and spiritual beliefs are welcome. Please RSVP to (855) 774-5100 or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org).

Bemis Hall, 15 Bedford Road, Lincoln

Wednesday, May 6, 2020, 5:30 – 7 p.m.

#### COMING SOON!

**WALKING THROUGH GRIEF: A MOVEMENT GROUP**

#### CHILDREN'S BEREAVEMENT SUPPORT GROUPS

*Advance registration is required. To register, call the Good Grief Program: 617-414-4005..*

##### FAMILY GRIEF GROUP NIGHTS

This free monthly event is for children (4-18) and their families who have experienced the death of someone important to them. Join us to do a special activity to honor and remember those who have died and build coping skills. Pizza and salad will be served at the start of each group. Advanced registration is required. To register, call the Good Grief Program: 617-414-4005.

SPARK Center, 255 River Street, Mattapan

1st Thursday of the month beginning April 2, 6 – 7:30 p.m.



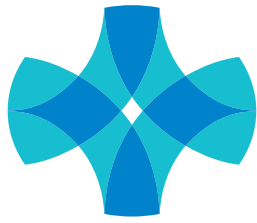
JOIN US FOR  
**CAMP STEPPING STONES**  
SATURDAY, JULY 18, 2020  
9:30AM - 5PM  
GLEN URQUHART SCHOOL  
BEVERLY FARMS, MA

#### COMING SOON!

A one-day (includes lunch) summer event to children, teens, and their families who have experienced the death of someone in their lives. Online registration will open in April. Email [Camp@CareDimensions.org](mailto:Camp@CareDimensions.org) to join our Children's Grief Programming mailing list and be notified when registration opens. Registration fee: \$25 per family

For more information or to register  
visit - [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars)  
call - 781-373-6530 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.



**CareDimensions**

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Our grief support programs are funded in part by our generous community of donors.

## Bereavement Calendar

**North Shore** Programs held at the Bertolon Center for Grief & Healing,  
78 Liberty Street, Danvers, MA, 01923 unless otherwise stated.

### April – May 2020

**We now offer online registration!**

**Visit [CareDimensions.org/calendars](https://www.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. For the full description of a group, please visit our website calendar at [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars).

**The following groups are planned, but are subject to change as the status of Covid-19 evolves in the state.**

#### NEWLY BEREAVED

**A one time workshop for loss within the last 3 months**

This workshop is open to friends and family of Care Dimensions patients only. All others please see our Drop-In Group. RSVP required by March 26th/April 30th.

**Danvers**

**Thursdays, April 2 or May 7, 3 – 5 p.m.**

#### MONTHLY CAREGIVER SUPPORT GROUP

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

**Danvers**

**Monday, April 13 and May 11, 10:30 – 11:30 a.m.**

#### GRIEVING A BELOVED PET

When a beloved pet dies, it is natural to grieve. Some may think or say, "it's just a pet" and think that your pain may pass in a matter of days or with the "replacement" of another animal. But your pet was a member of your family. You have the right to acknowledge your loss and to grieve. Space is limited so pre-registration is required by April 6.

**Danvers**

**Saturday, April 11, 12:30 – 4:00 p.m.**

#### YOUNG WIDOWED

For those 55 and under in age. Pre-registration is required by April 20, 2020

**Danvers**

**Mondays, April 27 - June 22, 6 – 7:30 p.m.**

#### COMING SOON

**GENERAL GRIEF & LOSS (SWAMPSCOTT)**

#### WOMEN GRIEVING FOR THEIR MOTHERS

This 8-week group is for women who are grieving their death of their mother. Participants will make connections with one another as they explore the many feelings and facets of grief, foster coping skills, and support each other's unique grief journeys toward healing. Special attention will be given on how to approach Mother's Day which will occur during the group. Pre-registration is required by April 30, 2020.

**Danvers**

**Thursdays, May 7 - June 25, 6:30 – 8 p.m.**

#### YOGA FOR LIVING WITH LOSS

\$10 Drop In

**Danvers**

**Tuesdays, May 5 - June 23, 6 – 7 p.m.**

#### LOSS OF ADULT CHILD

Pre-registration is required by April 30, 2020.

**Danvers**

**Thursdays, May 7 - June 25, 6:30 – 8 p.m.**

#### SPRING SERVICES OF REMEMBRANCE & HOPE

To honor the memory and celebrate the life of your loved one, Care Dimensions cordially invites you and your family to join us for our Spring Service of Remembrance & Hope. This service includes inspirational readings and live music. People of all faiths and spiritual beliefs are welcome. Please RSVP to (855) 774-5100 or email [grief@Caredimensions.org](mailto:grief@Caredimensions.org).

**First Baptist Church in Beverly, 221 Cabot Street, Beverly**  
**Sunday, May 3, 2020, 3 – 4:30 p.m.**

#### CHILDREN'S BEREAVEMENT SUPPORT GROUPS

**Advance registration is required. Contact Contact Cammy Adler-Roth at [CADler-Roth@CareDimensions.org](mailto:CADler-Roth@CareDimensions.org) or 978.750.9335.**

##### FAMILY COOKING NIGHT

For children (ages 4-18) and their families grieving the death of someone important. Join us for a free night of cooking, nourish your body and soul as you meet other families who are also grieving. Advanced registration is required at least one week prior to the event date. Call 978-750-9335 to register.

**North Andover Taste Buds Kitchen**

**Tuesday, April 7, 6 – 8 p.m.**



##### COMING SOON!

**JOIN US FOR CAMP STEPPING STONES**

**SATURDAY, JULY 18, 9:30AM - 5PM**

**GLEN URQUHART SCHOOL, BEVERLY FARMS**

**Registration fee: \$25 per family**

**Online registration will open in April.**

Email [Camp@CareDimensions.org](mailto:Camp@CareDimensions.org) to join our Children's Grief Programming mailing list and be notified when registration opens.

**For more information or to register:**  
**visit - [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars)**  
**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.**