Grief Support

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, our services include:

- Hospice
- Palliative care
- Specialized care programs: Dementia, Cardiac and Lung Diseases, Pediatrics
- Meeting the unique needs of: Veterans, Jewish patients, Developmentally disabled adults, the LGBTQ community
- Kaplan Family Hospice House
- Grief support
- Education and training

Main: 888-283-1722
Referrals: 888-287-1255
Referral Fax: 978-774-4389
Grief Support: 888-774-5100
CareDimensions.org

We serve patients in more than 90 communities in Eastern Massachusetts.

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

Founded in 1978 as Hospice of the North Shore

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

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.
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.

SUPPORT THAT MEETS YOUR NEEDS
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 experienced bereavement professionals, our support groups bring people together to share feelings, console one another or simply observe and listen. Groups are offered throughout the year and address relationship loss including spouse/partner, parent and sibling.

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

Individual Consultation and Counseling
A consultation with a bereavement professional, either in person or by phone, allows people to express their feelings and individual needs. We’ll help you understand what to expect during the grieving process and identify supportive resources. If needed, our staff will discuss additional counseling options.

Lending Library
You may find comfort in researching and learning about your feelings and those of others. Our lending library has an extensive 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. We have an extensive database with information about programs throughout the state and the country.

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 are designed by age level. 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 lost a loved one. Parent and caregiver programs are offered while the kids participate in fun and healing activities.

OUTREACH AND TRAINING
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.

Peer Leader Training
Our peer leader training program is a unique way for individuals who have participated in our bereavement program and support groups to help others through the grieving process. After an extensive training program, they can facilitate a support group for loss of spouse/partner or parent.

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 a life-limiting illness is diagnosed and you’re struggling to understand the impact
- When children are affected by the loss of a loved one and need support expressing their feelings
- 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
- If you are grieving the changing mental capabilities of a loved one with dementia
- After a sudden death or traumatic injury
- 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.

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