

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

# Bereavement Calendar

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

## January 2018

We now offer online registration!

Visit [CareDimensions.org/calendars](http://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

Tuesday, January 2, 6 – 8 p.m.

### COPING WITH LOSS OF A LOVED ONE AFTER AN ILLNESS

Emerson Hospital, Donaldson Conference Room,  
John Cuming Bldg, 1st Floor, Concord

Thursdays, January 18 - March 8, 3 – 4:30 p.m.

### COPING WITH GRIEF AND LOSS

*A group for people 60 and over*

Care Dimensions will be offering a bereavement support group focused on coping with the loss of a loved one. This group will be held for 8 consecutive weeks at the Norwood Council on Aging.

Norwood Council on Aging, 275 Prospect Street, Norwood

Fridays, January 19 - March 9, 10:30 a.m. – noon

COMING SOON!

LOSS OF SPOUSE/PARTNER

LOSS OF PARENT

## CHILDREN'S BEREAVEMENT SUPPORT GROUPS

### CHILDREN & TEEN BEREAVEMENT SUPPORT GROUPS

*This free group is open to children and teens ages 4–18 who are grieving the death of someone close. Children and teens will be divided into groups based on age. There will be a group for parents/guardians on "Raising Grieving Children" at the same time and location.*

*Pizza and salad will be served at the beginning of each group. Advance registration is required by January 30. Contact our Children's Program at 978-750-9335 or [ChildLife@CareDimensions.org](mailto:ChildLife@CareDimensions.org).*

Waltham

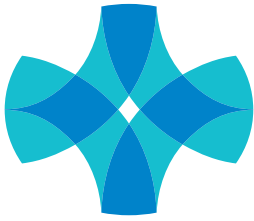
1st and 3rd Tuesday of every month, beginning February 6, 6 – 7:30 p.m.

Note: Zip code in Waltham is 02451.

Visit [CareDimensions.org](http://CareDimensions.org) to learn more about programs and resources.

For more information or to register 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.



**CareDimensions**

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# Bereavement Calendar

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

## January 2018

**We now offer online registration!**

**Visit [CareDimensions.org/calendars](http://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 4, 3 – 5 p.m.**

### **MONTHLY CAREGIVER SUPPORT GROUP**

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you carry as you currently care for your loved one. Join us for a cup of coffee or tea while finding mutual support from others and learn tools to help you along your journey of caring. For questions, please contact April Evans, LICSW at 781-373-6609 or [AEvans@CareDimensions.org](mailto:AEvans@CareDimensions.org).

**Danvers**

**Monday, January 8, 10:30 – 11:30 a.m.**

### **LOSS OF SIBLING**

**Danvers**

**Mondays, January 8 - February 26, 3 – 4:30 p.m.**

### **WRITING FROM THE HEART OF GRIEF**

It's been said that the only whole heart is the broken heart. This 6-week experiential writing support group for those who have lost a loved one will allow participants to explore aspects of their grief that speak from within and are expressed through the written word. Join us in this safe and compassionate setting to write from the truth of our hearts and the spirit of our souls as we journey through our grief and touch a place of healing. No prior writing experience is necessary. This free support group is open to any bereaved person who registers prior to first group meeting.

**Danvers**

**Wednesdays, January 10 - February 21, 3 – 5 p.m.**

Note: *Group will not meet January 24.*

### **LOSS OF SPOUSE/PARTNER**

**Danvers**

**Wednesdays, January 10 - February 28, 6 – 7:30 p.m.**

### **GRIEVING A SUDDEN LOSS**

**Danvers**

**Thursdays, January 11 - March 8, 6 – 7:30 p.m.**

Note: *Group will not meet February 22.*

### **COPING WITH GRIEF AND LOSS**

*A group for people 60 and over*

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

**Fridays, January 12 - March 2, 10:30 a.m. – noon**

**COMING SOON!**

**YOUNG WIDOWED**

**LOSS OF ADULT CHILD**

**TEEN EVENT**

Note: Zip code in Danvers is 01923.

Visit [CareDimensions.org](http://CareDimensions.org) to learn more about programs and resources.

**For more information or to register  
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.**