



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

October – December 2023

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 at [CareDimensions.org/FindSupport](https://www.CareDimensions.org/FindSupport)

Support groups are open to Massachusetts residents ONLY.

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months

For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by Thursday before group.

Virtual via Zoom

Monday, November 6 or December 4, 3 – 5 pm

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months

This workshop is open to friends and family of Care Dimensions patients only. For people whose loved one died on CD hospice services within the last three months. RSVP by Friday before group.

Virtual via Zoom

Wednesday, October 11, November 8, or December 13, 3 – 5 pm

VIRTUAL: ¿HA PERDIDO UN SER AMADO?

VIRTUAL: SPANISH GRIEF AND LOSS

¿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. Si le interesa por favor envíe un correo electrónico a Erin Bourgaue, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@ebnhc.org o llamar 857-248-5728. For information, email Erin Bourgaue at bourgaue@ebnhc.org or call 857-248-5728.

Virtual via Zoom

sábados, 14 y 28 de octubre; 11 de noviembre; 9 de diciembre, 10 – 11:30 am

Saturdays, October 14 and 28; November 11; December 9, 10 – 11:30 am

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP

RSVP to Grief@CareDimensions.org by Friday prior to group.

Virtual via Zoom

Mondays, Oct. 16, Nov. 13 and Dec. 11, 10:30 – 11:30 am

VIRTUAL: COPING WITH THE HOLIDAYS WORKSHOP

A workshop to discuss helpful ways to cope with the holiday season. Participants will have time to ask questions and find mutual support. RSVP required to Grief@CareDimensions.org by Friday, December 1.

Virtual via Zoom

Monday, December 11, 3 – 5 pm

SERVICE OF REMEMBRANCE AND LIGHT / TREE OF LIGHTS

Care Dimensions cordially invites you and your family to join us for a Service of Remembrance and Light to honor the memory and celebrate the life of your loved one. The service includes inspirational readings and live music. People of all faiths and spiritual beliefs are welcome to join in this time of remembrance. Please respond via [CareDimensions.org/ServiceofRemembrance](https://www.CareDimensions.org/ServiceofRemembrance)

Bemis Hall, 15 Bedford Road, Lincoln

Wednesday, December 13, 6 pm

CHILDREN'S BEREAVEMENT SUPPORT GROUPS Contact ChildLife@CareDimensions.org to register.

VIRTUAL: RAISING GRIEVING CHILDREN WORKSHOPS FOR PARENTS AND CAREGIVERS

A free virtual workshop series for parents/caregivers focused on supporting grieving children/teens.

Virtual via Zoom

Second Wednesday of the month, 7:30 – 9 pm

October 11: Navigating Back to School When Your Child is Grieving

December 13: Helping Your Children Cope With the Holidays

VIRTUAL: ELEMENTARY SCHOOL GRIEF SUPPORT GROUP

Registration will be due by Wednesday, September 27.

Virtual via Zoom

Wednesdays, October 4, 11, 18, and 25, 4 – 5 pm

VIRTUAL: MIDDLE SCHOOL GRIEF SUPPORT GROUP

Registration will be due by Thursday, November 2. *Group will not meet Nov. 23.*

Virtual via Zoom

Thursdays, November 9, 16, and 30; December 7, 4 – 5 pm

VIRTUAL: HIGH SCHOOL WORKSHOP

Registration will be due by Tuesday, October 17.

Virtual via Zoom

Wednesday, October 24, 7:30 – 9 pm

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