



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

# Bereavement Calendar September – October 2020

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](http://CareDimensions.org/Calendars).

Please visit the Grief page of the Care Dimensions website for resources related to the special challenges of grief during COVID-19.

**VIRTUAL: 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. For people whose loved one did NOT die on CD hospice services please see our workshop offered the first Monday of each month from 4-6pm. RSVP by August 31 and September 28 by emailing [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org) or calling 855-774-5100.

**Virtual via Zoom**

**Thursday, September 3 or October 1, 3 – 5 p.m.**

**VIRTUAL: NEWLY BEREAVED**

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

For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by September 9 and September 30 by emailing [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org) or calling 781-373-6530.

**Virtual via Zoom**

**Monday, September 14 or October 5, 4 – 6 p.m.**

**VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP**

RSVP by September 11.

**Virtual via Zoom**

**Monday, September 14, 10:30 – 11:45 a.m.**

**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 favor de llamar a Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, 617-568-4024, o email a [bourgaue@ebnhc.org](mailto:bourgaue@ebnhc.org) You are welcome to join us, or to contact for more information: Erin Bourgault, Coordinator of Support Services at the EastBoston Clinic, 617-568-4024, or email to [bourgaue@ebnhc.org](mailto:bourgaue@ebnhc.org)

**Virtual via Zoom**

**Sabados, 12 y 26 Septiembre; Saturdays, Sept. 12 & 26, 10 – 11:30 a.m.**

**VIRTUAL: LOSS OF PARENT**

Please register by September 1.

**Virtual via Zoom**

**Tuesdays, September 8 - October 27, 6:30 – 8 p.m.**

**VIRTUAL: LOSS DUE TO COVID19**

Please register by September 4.

**Virtual via Zoom**

**Wednesdays, September 9 - October 28, 3 – 4:30 p.m.**

**VIRTUAL: LOSS OF ADULT CHILD**

Please register by September 3.

**Virtual via Zoom**

**Thursdays, September 10 - November 5, 6:30 – 8 p.m.**

*Group will not meet on September 25.*

**VIRTUAL: GENERAL GRIEF & LOSS**

Please register by September 3.

**Virtual via Zoom**

**Thursdays, September 10 - October 29, 6:30 – 8 p.m.**

**VIRTUAL: YOUNG WIDOWED (55 AND UNDER IN AGE)**

Please register by September 7.

**Virtual via Zoom**

**Mondays, September 14 - October 26, 6 – 7:30 p.m.**

**VIRTUAL: LOSS DUE BY SUBSTANCE USE (BOOK GROUP)**

This six-week virtual group is designed for people who are coping with the death of a loved one from substance use. Group discussions will be based on topics addressed in the book that we will read on our own and then discuss together: “Dry Run: A Memoir,” by Nikki MacCallum. Please be willing to read the book on a weekly basis. Please register by September 15.

**Virtual via Zoom**

**Tuesdays, September 22 - October 27, 3 – 4:30 p.m.**

**VIRTUAL: LOSS OF SPOUSE/PARTNER**

Please register by September 30.

**Virtual via Zoom**

**Wednesdays, October 7 - November 18, 6:30 – 8 p.m.**

**VIRTUAL: HEALING AFTER A LOVED ONE’S DEATH BY SUICIDE**

Please register by October 8.

**Virtual via Zoom**

**Thursdays, October 15 - November 19, 3 – 4:30 p.m.**

**CHILDREN’S BEREAVEMENT SUPPORT GROUPS**  
**VIRTUAL: CHILDREN’S BEREAVEMENT SUPPORT GROUP**  
Details TBD.  
Email [ChildLife@CareDimensions.org](mailto:ChildLife@CareDimensions.org) or call 781-373-6570 for more info when available.

**For more information or to register:  
visit - [CareDimensions.org/Calendars](http://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.**