



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

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

March – April 2019

We now offer online registration!

Visit 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

Monday, March 4, 4 – 6 p.m.

LOSS OF SPOUSE/PARTNER

Waltham

Thursdays, March 14 - May 2, 6 – 7:30 p.m.

LOSS OF PARENT

Care Dimensions Hospice House, Lincoln

Saturdays, April 13 - May 18, 10 – 11:30 a.m.

COMING SOON!

COPING WITH LOSS AFTER AN ILLNESS
LOSS OF SPOUSE/PARTNER

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Advance registration is required. Contact Contact Cammy Adler-Roth at CAlder-Roth@CareDimensions.org or 978.750.9335.

FAMILY NIGHTS-MATTAPAN

These free events are open to children and teens (ages 4-18) and their parent/guardian who have experienced the death of someone close to them. The evening will include dinner.

SPARK Center, 255 River Street, Mattapan, MA

February-June, 1st Tuesday of the month, 6 – 7:30 p.m.

COOKING TOGETHER. HEALING TOGETHER - FAMILY NIGHT

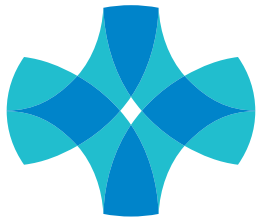
Boston

Tuesday, March 12, 6 – 7:30 p.m.

COMING SOON!

CHILD LIFE MONTH –NATIONWIDE MARCH!

Stay tuned to Care Dimensions' social media for ways to support youth who have experienced the death of someone important to them.



CareDimensions

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Bereavement Calendar

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

March – April 2019

We now offer online registration!

Visit 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

This workshop is open to those friends and family of Care Dimensions patients only. All others please see our Drop-In Group.

Danvers

Thursday, March 7, 3 – 5 p.m.

MONTHLY CAREGIVER SUPPORT GROUP

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

Danvers

Monday, March 11, 10:30 – 11:30 a.m.

YOGA FOR LIVING WITH LOSS

Cost is \$10 drop-in per class. Please call for more information.

Danvers

Tuesdays, Until March 12, 6 – 7 p.m.

Wednesdays, Until March 13, 2 – 3 p.m.

LOSS OF CHILD

This group will offer a space for bereaved parents to connect with each other, honor and remember their children, and learn ways to navigate the intense and unique grief that occurs following the death of a young child.

Danvers

Wednesdays, March 6 - May 1, 6 – 7:30 p.m.

LOSS OF PARENT

Danvers

Wednesdays, March 6 - April 10, 3:30 – 5 p.m.

COMING SOON!

**WOMEN GRIEVING FOR THEIR MOTHERS
YOUNG WIDOWED
LOSS OF SPOUSE/PARTNER PART II**

LOSS OF SPOUSE/PARTNER

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

Fridays, March 15 - April 19, 10:30 – 12 p.m.

LOSS OF SPOUSE/PARTNER

Danvers

Mondays, March 18 - May 13, 6 – 7:30 p.m.

WRITING FROM THE HEART OF GRIEF

This 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 required.*

Danvers

Tuesdays, April 2 - May 7, 10 – noon

LOSS OF ADULT CHILD

Danvers

Thursdays, April 4 - May 23, 6:30 – 8 p.m.

LOSS DUE TO SUBSTANCE DROP-IN

Care Dimensions invites people who are grieving a death due to substance use to participate in this drop-in support group. Participants will find a safe, welcoming space to express their grief among others with similar experiences. We will also discuss what to expect while grieving and strategies for coping.

Danvers

2nd & 4th Tuesday of each month through June, 3:30 – 4:30 p.m.

GENERAL GRIEF & LOSS DROP-IN

Care Dimensions invites people who are grieving a death to participate in this drop-in support group. Participants will find a safe, welcoming space to express their grief among others with similar experiences. We will also discuss what to expect while grieving and strategies for coping.

Danvers

1st & 3rd Tuesday of the month, through June, 3:30 – 4:30 p.m.

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Advance registration is required. Contact Contact Cammy Adler-Roth at CAlder-Roth@CareDimensions.org or 978.750.9335.

COOKING TOGETHER. HEALING TOGETHER - FAMILY NIGHT

Danvers

Tuesday, April 2, 5:30 – 8 p.m.

COMING SOON!

CHILD LIFE MONTH -NATIONWIDE MARCH!

Stay tuned to Care Dimensions' social media for ways to support youth who have experienced the death of someone important to them.

**For more information or to register:
visit - CareDimensions.org/Calendars
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.