

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

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

November – December 2018

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, November 5, 4 – 6 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.

Waltham

Friday, November 9, 10:30 – 11:30 a.m.

COPING WITH GRIEF AND LOSS

A grief support group for people with any type of loss.

Care Dimensions Hospice House, Lincoln

Saturdays, October 27 - December 15, 10 – 11:30 a.m.

LOSS OF SPOUSE/PARTNER

Lexington Council on Aging, Lexington Community Center, 39 Marrett Road, Lexington

Mondays, October 29 - December 3, 1 – 2:30 p.m.

COPING WITH THE HOLIDAYS WORKSHOP

Emerson Hospital, Concord

Thursday, November 15, 6:30 – 8 p.m.

GREATER BOSTON SERVICE OF REMEMBRANCE AND LIGHT/ COPING WITH THE HOLIDAYS WORKSHOP

The Barn of the Josiah Smith Tavern
358 Boston Post Road, Weston

Wednesday, December 5, 4 – 6 p.m.

COMING IN JANUARY 2019!

LOSS OF PARENT (LINCOLN)
COPING WITH LOSS AFTER AN ILLNESS (CONCORD)

Childhood Grief Awareness Day is November 15th.

Stay tuned to Care Dimensions social media platforms to learn more about childhood grief.

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

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

DIA DE LOS MUERTOS

Tuesday, October 30

TEEN EVENT BOSTON COLLEGE FOOTBALL GAME

Saturday, November 10

FAMILY GRIEF ACTIVITY NIGHTS: OCTOBER 16TH,

NOVEMBER 20TH, AND DECEMBER 18TH

SPARK Center, 255 River Street, Mattapan, MA

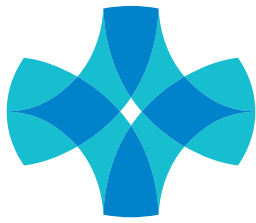
You are invited to join us for an evening of remembering those who have died. These free event are open to children and teens (4-18) and their caregivers who have experienced the death of someone close to them. Families are invited to have pizza dinner, play games, and create their own mixed media collage to celebrate their special person and/or family traditions. Families are welcome to drop in as they are able. Feel free to come to one or all of these events.

Note: Zip code in Waltham is 02451.

Visit CareDimensions.org to learn more about programs and resources.

For more information or to register 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.



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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.

November – December 2018

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

Danvers

Thursday, November 1, 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, November 12, 10:30 – 11:30 a.m.

YOGA FOR LIVING WITH LOSS (AM OR PM SESSIONS)

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

Danvers

Tuesdays, Until December 18, 6 – 7 p.m.

Wednesdays, Until December 19, 10 – 11 a.m.

YOUNG WIDOWED

Danvers

Mondays, November 5 - December 10, 6:30 – 8 p.m.

HA PERDIDO UN SER AMADO?/HAVE YOU LOST A LOVED ONE?

Mayor Jean Levesque Community Life Center

401 Bridge Street, Salem

Llame a/Call April Evans, 781-373-6609

Jueves Primero de Noviembre/Thursday, November 1, 12:30 – 2 p.m.

LOSS OF SPOUSE/PARTNER

Peabody Council on Aging, Torigian Community Life Center

75 Rear Central Street, Peabody

Thursdays, November 1 - December 13, 12:30 – 2 p.m.

OUT OF THE SHADOWS: LOSS DUE TO SUBSTANCE USE

Danvers

Thursday, November 1 - December 13, 3:30 – 5 p.m.

WRITING FROM THE HEART OF GRIEF

Danvers

Monday, November 5- December 10, 10 a.m. – noon

NORTH SHORE SERVICE OF REMEMBRANCE

A service of readings, music, and candle lighting ceremony, honoring Care Dimensions patients.

Second Congregational Church, 35 Conant St, Beverly

Sunday, November 4, 3– 4:30 p.m.

COPING WITH THE HOLIDAYS WORKSHOP

Following the Care Dimensions Tree of Lights ceremony in Danvers

Danvers

Tuesday, December 4, 6– 8 p.m.

COMING IN JANUARY 2019!

**DROP-IN GROUPS FOR GENERAL GRIEF AND LOSS,
AND LOSS DUE TO SUBSTANCE USE**

Childhood Grief Awareness Day is November 15th.

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CHILDREN'S BEREAVEMENT SUPPORT GROUPS

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

DIA DE LOS MUERTOS

Tuesday, October 30

TEEN EVENT BOSTON COLLEGE FOOTBALL GAME

Saturday, November 10

FAMILY HOLIDAY NIGHT

Thursday, December 13

Note: Zip code in Danvers is 01923.

Visit CareDimensions.org to learn more about programs and resources.

**For more information or to register
call 855-774-5100 or
email grief@CareDimensions.org**

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