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. For the full description of a group, please visit our website calendar at 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 anyone with a death in past 3 months. RSVP required by July 1.
Virtual via Zoom
Monday, July 6, 4 – 6 p.m.

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP
Our drop in Caregiver Support Group is a comfortable space to release some of the stress you carry as you care for your loved one. RSVP by July 10.
Virtual via Zoom
Monday, July 13, 10:30 – 11:30 a.m.

VIRTUAL: LOSS DUE TO COVID19
This virtual support group is for individuals who have had a family member die from the COVID-19 Virus. RSVP by July 17 and August 14.
Virtual via Zoom
Tuesday, July 21, 4 – 6 p.m.
Thursday, August 20, 3 – 5 p.m.

VIRTUAL: GRIEVING A BELOVED PET
When a beloved pet dies, it is natural to grieve. If you would like to meet with others who have also lost their pets, call us to register for this one-time workshop led by a licensed counselor with bereavement expertise. Space is limited. Pre-registration is required by July 24.
Virtual via Zoom
Thursday, July 30, 1 – 3:30 p.m.

VIRTUAL: ¿HA PERDIDO UN SER AMADO?
¿Necesita ayuda para continuar su vida después de una perdida difícil? Care Dimensions ofrecerá un grupo de apoyo en español para navegar el dificil proceso del luto. Guiado por un consejero y acompañado por otros que también se encuentren en una situación difícil, estas sesiones (puede asistir una o ambas) le ofrecerán estrategias para encontrar nuevamente fortaleza en sí mismo y en otros para talla una vida nueva integrando los recuerdos del pasado.
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
Virtual via Zoom
Sábado, 11 de Julio & 25 de Julio, 10 – 11:30 a.m.

VIRTUAL: YOUNG ADULT GENERAL GRIEF & LOSS
This 4-week support group is geared specifically towards young adults (18-40) who have lost someone close to them and will be a safe space to process your grief, learn coping techniques, and make connections with others who are on a similar grief journey. This group requires commitment from all participants to attend each scheduled session. Please register by August 6.
Virtual via Zoom
Tuesdays, August 11 - September 1, 5:30 – 7 p.m.

VIRTUAL: LOSS DUE TO COVID19
This 8-week support group is designed for people who have had a loved one die of the COVID-19 virus, at least 3 months prior to first group meeting. Led by a Bereavement Counselor, it will be a safe space to process your grief, learn coping techniques, and make connections with others who are on a similar grief journey. This group requires commitment from all participants to attend each scheduled session. Please register by September 4.
Virtual via Zoom
Wednesdays, September 9 - October 28, 3 – 4:30 p.m.

CHILDREN’S BEREAVEMENT SUPPORT GROUPS
Due to the COVID-19 pandemic and concerns for everyone’s safety, Camp Stepping Stones will not take place in its traditional form this year; however, our team is working on ways to keep families engaged in the spirit of Camp virtually. We will share updates as they become available in the coming weeks. Please contact Camp@CareDimensions.org and ask to be added to our contact list if you would like to receive updates about Camp Stepping Stones and other children’s grief programming.

VIRTUAL: CHILDREN & TEEN GRIEF GROUPS
Children and teens (rising first graders to recent HS grads) who have experienced the death of a significant person in their life are invited to join us in this space to connect with grieving peers and learn some coping. Advanced registration required, rolling enrollment. No cost.
Contact Kelia Bergin, Children’s Program Coordinator for more information or to register KBergin@caredimensions.org or 781-373-6570
Virtual via Zoom
Tuesdays, June 30 - August 18, Elementary group @ 10am, Middle school group@ 11am, High school group @ 12pm

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.
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.

**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. RSVP required by June 30.
Virtual via Zoom
Thursday, July 2 or August 6, 3 – 5 p.m.

**VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP**
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Virtual via Zoom
Monday, July 13, 10:30 – 11:30 a.m.

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Tuesday, July 21, 4 – 6 p.m.
Thursday, August 20, 3 – 5 p.m.

**VIRTUAL: ¿HA PERDIDO UN SER AMADO?**
**VIRTUAL: SPANISH GRIEF AND LOSS**
¿Necesita ayuda para continuar su vida después de una perdida difícil? Care Dimensions ofrecerá un grupo de apoyo en español para navegar el difícil proceso del luto. Guiado por un consejero y acompañado por otros que también se encuentren en una situación difícil, estas sesiones (puede asistir una o ambas) le ofrecerán estrategias para encontrar nuevamente fortaleza en sí mismo y en otros para talla una vida nueva integrando los recuerdos del pasado. 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
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Virtual via Zoom
Tuesdays, August 11 - September 1, 5:30 – 7 p.m.

**VIRTUAL: LOSS DUE TO COVID19**
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For more information or to register:
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e-mail - grief@CareDimensions.org

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