CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar
December 2026 – March 2027

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

Support groups are open to Massachusetts residents ONLY.

If you are interested in a group that is not listed (including *Loss of Spouse* or *Loss of Parent*), please reach out to our grief line for upcoming options.

IN-PERSON: 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. **Must register by Thursday BEFORE group in order to participate. Registration and confirmation are required prior to the group date.**
Bertolon Center for Grief & Healing, 78 Liberty Street, Danvers
Monday, Dec. 14, Jan. 11, Feb. 8 or Mar. 8, 10 am – 12 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, Jan. 13, Feb. 10 or Mar. 10, 3 – 5 pm

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. Si le interesa por favor envíe un correo electrónico a Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@neighborhealth.com o llamar 857-248-5728. For information, email Erin Bourgault at bourgaue@neighborhealth.com or call 857-248-5728.
Virtual via Zoom
viernes, 11 diciembre; 8 y 22 enero; 12 y 26 febrero, 10 – 11:30 am
Fridays, December 11; Jan. 8 and 22; Feb. 12 and 26, 10 – 11:30 am

YOGA FOR LIVING WITH LOSS
This gentle 60-minute yoga class supports grieving as an ongoing process. This class provides the support for body, mind, and spirit in navigating how we live from moment to moment, day to day, with our deep losses. Grief happens as much in our bodies as in our hearts and minds. RSVP by Friday prior to the group to Grief@CareDimensions.org
Bertolon Center for Grief & Healing, 78 Liberty Street, Danvers
Mondays, December 7 and January 4, 10:30 – 11:30 am

WRITING THROUGH GRIEF WORKSHOPS
The Writing Through Grief Workshop Series is an opportunity for participants to deeply process grief through writing and sharing with others who may have similar experiences. Workshops are open to writers of all levels of experience, from novice to well-seasoned. All that is required is a notebook, a pen, an open heart, and a desire to heal. Each workshop will target people who are grieving a specific loss. Participants will be asked to make a commitment to attend all three sessions, follow through with writing between sessions, and share aspects of their writing when we meet virtually. Please RSVP to Grief@CareDimensions.org
Virtual via Zoom
Spouse/Partner Loss for Men - Thursdays, January 7 and 21, and February 4, 3 – 5 pm
Mother Loss for Women - Thursdays, March 4 and 18, and April 1, 3 – 5 pm

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 November 25.
Virtual via Zoom
Thursday, December 3, 2026, 3 – 5 pm

For more information or to register:
visit - 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.

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