



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar January – March 2026

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](https://www.CareDimensions.org/FindSupport)

Support groups are open to Massachusetts residents ONLY.

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. RSVP required by Thursday before group.

Bertolon Center for Grief & Healing, 78 Liberty Street, Danvers

Monday, January 5; February 9; March 9, 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, January 14; February 11; March 11, 3 – 5 pm

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 por favor envíe un correo electrónico a Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@ebnhc.org o llamar 857-248-5728. For information, email Erin Bourgault at bourgaue@ebnhc.org or call 857-248-5728.

Virtual via Zoom

sábados, 10 y 24 enero, 14 y 28 febrero 14 y 28 marzo,

10 – 11:30 am

Saturdays, January 10 & 24, February 14 & 28, March 14 & 28,

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, January 26, 10:30 – 11:30 am

IN-PERSON: YOUNG WIDOWED

For widowed participants UNDER 56 years of age.

To register contact Grief@CareDimensions.org

Bertolon Center for Grief & Healing, 78 Liberty Street, Danvers

Wednesdays, January 28 – March 25, 6 – 7:30 pm

Note: Group will not meet on February 18 nor March 4.

CHILD AND FAMILY BEREAVEMENT PROGRAMS

VIRTUAL: RAISING GRIEVING CHILDREN WORKSHOPS FOR PARENTS AND CAREGIVERS

A free virtual workshop series for parents/caregivers focused on supporting grieving children/teens.

Contact ChildLife@CareDimensions.org to register.

Virtual via Zoom

Wednesdays, 7:30 – 8:30 pm

January 14: Neurodivergent Children & Grief

**For more information or to register:
visit - [CareDimensions.org/FindSupport](https://www.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.**