



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

# Bereavement Calendar

## May – September 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](http://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. RSVP required by Thursday before group.

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

**Monday, May 4; June 1; July 20; or Sept. 14, 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, May 13; June 10; July 8; Aug. 12; or Sept. 9, 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@neighborhealth.com](mailto:bourgaue@neighborhealth.com) o llamar 857-248-5728. For information, email Erin Bourgault at [bourgaue@neighborhealth.com](mailto:bourgaue@neighborhealth.com) or call 857-248-5728.

**Virtual via Zoom**

**sábados, 9 mayo, 13 junio, 11 julio, 10 – 11:30 am**

**Saturdays, May 9, June 13, July 11, 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](mailto:Grief@CareDimensions.org)

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

**Mondays, May 18, June 22, July 27, and Aug. 17,**

**10:30 – 11:30 am**

## CHILDREN'S BEREAVEMENT SUPPORT GROUPS



### **Save the Date for our 25th Camp Stepping Stones, July 18th**

This is our one day program for children and families who have experienced a loss of someone special. Registration is open at [CareDimensions.org/Camp](http://CareDimensions.org/Camp).

Contact [Camp@CareDimensions.org](mailto:Camp@CareDimensions.org) with questions.

**For more information or to register:  
visit - [CareDimensions.org/FindSupport](http://CareDimensions.org/FindSupport)  
call - 855-774-5100 or  
email - [grief@CareDimensions.org](mailto: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.**