



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar November – December 2025

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, November 10 or December 15, 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, November 12 or December 10, 3 – 5 pm

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP

RSVP to Grief@CareDimensions.org by Friday prior to group.

Virtual via Zoom

Monday, November 17, 10:30 – 11:30 am

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@ebnhc.org de servicios de apoyo de la clínica de East Boston, bourgau@ebnhc.org o llamar 857-248-5728. For information, email Erin Bourgault at bourgau@ebnhc.org or call 857-248-5728.

Virtual via Zoom

sábados, 8 de noviembre, 13 de diciembre, 10 – 11:30 am

Saturdays, November 8, December 13, 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, November 17 and December 8, 10:30 – 11:30 am

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 28.

Virtual via Zoom

Thursday, December 4, 3 – 5 pm

SERVICE OF REMEMBRANCE AND LIGHT/ TREE OF LIGHTS

Care Dimensions cordially invites you and your family to join us for a Service of Remembrance and Light to honor the memory and celebrate the life of your loved one. The service includes inspirational readings and live music. People of all faiths and spiritual beliefs are welcome to join in this time of remembrance. Please respond via [CareDimensions.org/ServiceofRemembrance](https://www.CareDimensions.org/ServiceofRemembrance) or email Grief@CareDimensions.org by Friday, December 5.

First Parish UU Church, 50 Church Street, Waltham

Thursday, December 11, 6 pm

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

November 5: Helping Your Children Cope With the Holidays

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.