CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar
November 2026 – January 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, Nov. 16; or Dec. 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, Nov. 11 or Dec. 9, 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, 13 noviembre; and 11 diciembre, 10 – 11:30 am
Fridays, November 13; and December 11, 10 – 11:30 am

CHILD AND FAMILY BEREAVEMENT PROGRAMS

VIRTUAL: RAISING GRIEVING CHILDREN & TEENS
A free virtual workshop series focused on supporting grieving children/teens. Contact ChildLife@CareDimensions.org to register.
Virtual via Zoom
For Parents and Caregivers
Wednesday, November 11, 7 pm

For Professionals
Wednesday, November 18, 7 pm

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, Nov. 9 and Dec. 7, 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

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

SERVICE OF REMEMBRANCE

Care Dimensions cordially invites you and your family to join us for a Service of Remembrance to honor the memory and celebrate the life of your loved one. The service includes inspirational readings and reflective music. People of all faiths and spiritual beliefs are welcome to join in this time of remembrance. Please RSVP to Grief@CareDimensions.org.
First Parish in Waltham
50 Church St, Waltham, MA
Tuesday, November 10, 6:30 – 8 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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Always Remembered — _Always_ Treasured — _Always_ Honored

JOIN US FOR OUR ANNUAL TREE OF LIGHTS CEREMONIES

Care Dimensions
Tree of Lights

Celebrate the lives of those who remain in our hearts at our 36th Annual Tree of Lights Ceremonies.

Honor a loved one with a commemorative light and join us for this special time of remembrance. Everyone is welcome, whether or not your loved one was in our care.

Please join us at any of our four lighting ceremonies this December as we remember, treasure and honor our loved ones.

Cape Ann Ceremony
Wednesday, December 2, 2026, 5:00 pm

Bank*Gloucester*
160 Main Street, Gloucester

Danvers Ceremony
Thursday, December 3, 2026, 5:00 pm

M&T Bank
1 Conant Street in Danvers Square

Swampscott Ceremony
Tuesday, December 8, 2026, 5:00 pm

Swampscott Town Hall &
The First Church in Swampscott Congregational
22 Monument Avenue, Swampscott

Greater Boston Ceremony
Thursday, December 10, 2026, 5:30 pm

Eliot Church in Newton
474 Centre Street, Newton

Scan the QR or visit CareDimensions.org/TreeofLights to Illuminate a light or learn more about the events.

Contact our Philanthropy team at events@CareDimensions.org or 978-471-2371.