



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar September – December 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.

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.

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

Monday, Oct. 26; 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, Oct. 14; 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 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 o llamar 857-248-5728. For information, email Erin Bourgault at bourgaue@neighborhealth.com or call 857-248-5728.

Virtual via Zoom

viernes, 11 y 25 de septiembre; 9 y 23 de octubre; 13 noviembre; and 11 diciembre, 10 – 11:30 am

Fridays, September 11 and 25; October 9 and 23; November 13;

and December 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

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

Mondays, Sept. 28; Oct. 19; 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.

Virtual via Zoom

Sibling Loss for Adults - Thursdays, Sept. 17, Oct. 1 and Oct 15, 3 – 5 pm

Spouse/Partner Loss for Women - Thursdays, Oct. 29, Nov. 12 and Dec. 3, 3 – 5 pm

CHILD AND FAMILY BEREAVEMENT PROGRAMS

CARRYING MEMORIES: A BACK-TO-SCHOOL EVENT FOR GRIEVING CHILDREN, TEENS, & THEIR FAMILIES

Children and teens will be provided with a blank water bottle and drawstring backpack to decorate in a way that feels meaningful to them. Caregivers will decorate personalized planners for the upcoming school year. Please RSVP to ChildLife@CareDimensions.org or email for more information.

Bertolon Center for Grief & Healing, 78 Liberty St., Danvers

Thursday, September 24, 5:30 – 7 pm

VIRTUAL: RAISING GRIEVING CHILDREN & TEENS

A Support Series 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, October 14, 7 pm

**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.**