

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

# Bereavement Calendar

Greater Boston Programs held at 333 Wyman Street, Suite 100,  
Waltham, MA, unless otherwise stated.

## July 2018

We now offer online registration!

Visit [CareDimensions.org/calendars](http://CareDimensions.org/calendars) and select the name of the group you are interested in.

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.

### NEWLY BEREAVED

*A one time workshop for loss within the last 3 months*

Waltham

Monday, July 2, 4 – 6 p.m.

### MONTHLY CAREGIVER SUPPORT GROUP

Our drop in Caregiver Support Group is a comfortable and relaxing space to release some of the stress you carry as you care for your loved one.

Waltham

Friday, July 13, 10:30 – 11:30 a.m.

COMING IN SEPTEMBER!

LOSS OF SPOUSE/PARTNER

Care Dimensions



SAVE THE DATE!

Saturday, July 14

9:30 a.m. – 5 p.m.

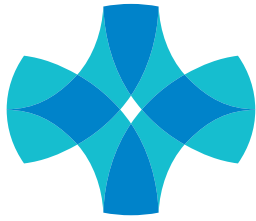
Glen Urquhart School, Beverly Farms, MA

Note: Zip code in Waltham is 02451.

Visit [CareDimensions.org](http://CareDimensions.org) to learn more about programs and resources.

For more information or to register  
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.



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HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

# Bereavement Calendar

North Shore Programs held at the Bertolon Center for Grief & Healing,  
78 Liberty Street, Danvers, MA, unless otherwise stated.

## June – July 2018

We now offer online registration!

Visit [CareDimensions.org/calendars](http://CareDimensions.org/calendars) and select the name of the group you are interested in.

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.

### NEWLY BEREAVED

*A one time workshop for loss within the last 3 months*

Danvers

Thursday, July 5, 3 – 5 p.m.

### MONTHLY CAREGIVER SUPPORT GROUP

Our drop in Caregiver Support Group is a comfortable and relaxing space to release some of the stress you carry as you care for your loved one.

Danvers

Monday, July 9, 10:30 – 11:30 a.m.

### YOGA FOR LIVING WITH LOSS (AM OR PM SESSIONS)

Yoga for Living with Loss is a 60-minute, gentle yoga class that provides support for the body, mind, and spirit as we navigate living from moment to moment, and day to day, with our deep losses. Open to anyone in the community who has experienced the death of someone close. No prior experience with yoga is necessary.

Cost is \$50 for 6 week session or \$10 drop-in.

Danvers

Tuesdays, June 26 - August 7, 6 – 7 p.m.

Wednesdays, June 27 - August 8, 10 – 11 a.m.

Note: Classes will not be held on 7/3 or 7/4.

### LOSS OF SPOUSE/PARTNER

Rose Baker Senior Center

6 Manuel F. Lewis Street, Gloucester

Tuesdays, June 26 - July 24, 10 – 11:30 a.m.

### YOUNG ADULT LOSS OF PARENT

*For participants 30 years and younger*

Danvers

Mondays, July 9 - August 13, 3 – 4:30 p.m.

### OUT OF THE SHADOWS

*Grieving a loss due to substance abuse*

Danvers

Wednesdays, July 11 - August 15, 3 – 4:30 p.m.

### COPING WITH GRIEF AND LOSS

*For participants 60 years and older*

Peabody Council on Aging

Torigian Community Life Center

79 Central Street, Peabody

Thursdays, July 12 - August 16, 12:30 – 2 p.m.

### COMING IN SEPTEMBER!

YOUNG WIDOWS

LOSS OF ADULT CHILD

LOSS OF SIBLING

SWAMPSCOTT GRIEF AND LOSS GROUP

LOSS DUE TO SUICIDE

Care Dimensions



### SAVE THE DATE!

Saturday, July 14

9:30 a.m. – 5 p.m.

Glen Urquhart School, Beverly Farms, MA

Note: Zip code in Danvers is 01923.

Visit [CareDimensions.org](http://CareDimensions.org) to learn more about programs and resources.

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call 855-774-5100 or  
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