

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

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

April – May 2018

We now offer online registration!

Visit 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, April 2, 4 – 6 p.m.

MONTHLY CAREGIVER SUPPORT GROUP

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you carry as you currently care for your loved one. Join us for a cup of coffee or tea while finding mutual support from others and learn tools to help you along your journey of caring. For questions, please contact April Evans, LICSW at 781-373-6609 or AEvans@CareDimensions.org.

Waltham

Friday, April 13, 10:30 – 11:30 a.m.

SPRING SERVICE OF REMEMBRANCE

Please call Bereavement at 855-774-5100 to RSVP.

The Barn of the Josiah Smith Tavern,
358 Boston Post Road, Weston, MA

Thursday, May 10, 3 – 4:30 p.m.

LOSS OF PARENT

Waltham

Thursdays, March 29 - May 17, 4 – 6 p.m.

SUDDEN LOSS

Waltham

Thursdays, May 24 - June 28, 4:30 – 6 p.m.

COPING WITH LOSS OF LOVED ONE AFTER AN ILLNESS

Emerson Hospital, Donaldson Conference Room, Concord

Thursdays, May 31 - July 5, 6:30 – 8 p.m.



SAVE THE DATE!

Saturday, July 14

9:30 a.m. – 5 p.m.

Glen Urquhart School
Beverly Farms, MA

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

CHILDREN & TEEN BEREAVEMENT SUPPORT GROUPS

This free group is open to children and teens ages 4–18 who are grieving the death of someone close. Children and teens will be divided into groups based on age. There will be a group for parents/guardians on "Raising Grieving Children" at the same time and location. Pizza and salad will be served at the beginning of each group. Advance registration is required. Contact our Children's Program at 978-750-9335 or ChildLife@CareDimensions.org.

Waltham

1st and 3rd Tuesday of every month, start date TBD, 6 – 7:30 p.m.

GET YOUR GAME ON!

Grab a friend and join us at a fun event open to teens ages 13-18 who are grieving the loss of someone close to them. Lunch and a pre-loaded gaming card will be provided. Advance registration is required. Contact Keyla Kelley at KKelley@CareDimensions.org or 781.373.6570

Dave & Buster's, 250 Granite St #1908, Braintree, MA

Sunday, March 25, 12:30 – 2:30 p.m.

CAMP STEPPING STONES KICK-OFF EVENT

Pick a plaster item to paint and let your creativity shine! Join us to learn more about our annual camp. See old friends from camp and meet new friends too. Dinner will be provided. Advance registration is required. Contact Cammy Adler-Roth at CADler-Roth@CareDimensions.org or 978.750.9335.

Plaster Fun Time, 880 Broadway, Saugus, MA

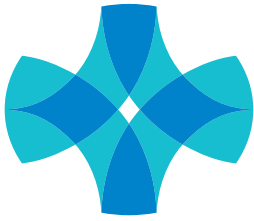
Wednesday, June 13, 6 – 8 p.m.

Note: Zip code in Waltham is 02451.

Visit CareDimensions.org to learn more about programs and resources.

For more information or to register 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.



CareDimensions

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.

April – May 2018

We now offer online registration!

Visit 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, April 5, 3 – 5 p.m.

MONTHLY CAREGIVER SUPPORT GROUP

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you carry as you currently care for your loved one. Join us for a cup of coffee or tea while finding mutual support from others and learn tools to help you along your journey of caring. For questions, please contact April Evans, LICSW at 781-373-6609 or AEvans@CareDimensions.org.

Danvers

Monday, April 9, 10:30 – 11:30 a.m.

WOMEN GRIEVING FOR THEIR MOTHERS

Danvers

Wednesday, May 9, 6:30 – 8 p.m.

SPRING SERVICE OF REMEMBRANCE

Please call Bereavement at 855-774-5100 to RSVP.

Congregation Shirat Hayam of the North Shore

55 Atlantic Avenue, Swampscott

Sunday, April 8, 3 – 5 p.m.

CAREGIVER BEREAVEMENT SUPPORT GROUP

The Caregiver Bereavement Support Group is designed to support caregivers as they process the unique grief that comes with losing the loved for whom they cared. It is for spouses, adult children, and other family members who are seeking group support.

North Shore Elder Services

300 Rosewood Drive, Suite 200, Danvers

1st and 3rd Wednesdays of each month

from April 4 - June 20, 5 – 6:30 p.m.

YOGA FOR LIVING WITH LOSS (AM OR PM SESSIONS)

Yoga for Living with Loss is a 60-minute gentle yoga class provides support for the body, mind, and spirit in navigating how we live from moment to moment, 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 all 6 sessions or \$10 drop-in.*

Danvers

Tuesdays, May 8 - June 12, 6 – 7 p.m.

Wednesdays, May 9 - June 13, 10 – 11 a.m.

COMING SOON!

YOUNG ADULT LOSS OF PARENT (JULY)

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Advance registration is required. Contact Contact Cammy Adler-Roth at CAlder-Roth@CareDimensions.org or 978.750.9335.

LASER QUEST TEEN EVENT

*Grab a friend and join us at a fun event open to teens ages 13-18 who are grieving the loss of someone close to them. **Dinner will be provided.***

Laser Quest Danvers, 139 Endicott Street, Danvers, MA

Friday, March 23, 6 – 7:30 p.m.

CAMP STEPPING STONES KICK-OFF EVENT

*Pick a plaster item to paint and let your creativity shine! Join us to learn more about our annual camp. See old friends from camp and meet new friends too. **Dinner will be provided.***

Plaster Fun Time, 880 Broadway, Saugus, MA

Wednesday, June 13, 6 – 8 p.m.

SAVE THE DATE!

Saturday, July 14

9:30 a.m. – 5 p.m.

Glen Urquhart School, Beverly Farms, MA

Care Dimensions



Note: Zip code in Danvers is 01923.

Visit CareDimensions.org to learn more about programs and resources.

For more information or to register 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.