



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar May – June 2021

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 calendar at [CareDimensions.org/Calendars](https://www.CareDimensions.org/Calendars).

Please visit the Grief page of the Care Dimensions website for resources related to the special challenges of grief during COVID-19.

VIRTUAL: NEWLY BEREAVED

A one time workshop for loss within the last 3 months

This workshop is open to friends and family of Care Dimensions patients only. For people whose loved one did NOT die on CD hospice services please see our workshop offered the first Monday of each month from 4-6pm. RSVP by May 3 and May 31.

Virtual via Zoom

Thursday, May 6 or June 3, 3 – 5 p.m.

VIRTUAL: NEWLY BEREAVED

A one time workshop for loss within the last 3 months

For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by April 28 and June 2.

Virtual via Zoom

Monday, May 3 or June 7, 4 – 6 p.m.

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP

RSVP by May 7 and June 11.

Virtual via Zoom

Monday, May 10 and June 14, 10:30 – 11:30 a.m.

VIRTUAL: ¿HA PERDIDO UN SER AMADO?

VIRTUAL: SPANISH GRIEF AND LOSS

¿Necesita ayuda para continuar su vida después de una pérdida difícil? Si le interesa favor de llamar/for more information please call Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, 857-248-5728, o email a bourgaue@ebnhc.org

Virtual via Zoom

Sabados, Abril 24, Mayo 8 y 22, 10 – 11:30 a.m.

Saturdays, April 24, May 8 and 22, 10 – 11:30 a.m.

VIRTUAL: COVID DROP-IN

Drop-in group for people who have had a loved one die of COVID-19. RSVP by Tuesday before each group to Mary Beth Grimm at 781-373-6645 or email MGrimm@CareDimensions.org.

Virtual via Zoom

Thursday, May 20, 12 – 1:30 p.m.

Please see the back for more of our offerings.

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

CHILDREN'S VIRTUAL GRIEF SUPPORT GROUPS

A free, virtual space for children who are grieving the death of someone important to connect and learn

copying tools. Middle school group meets on Tuesdays at 4 p.m.

Elementary school group meets on Thursdays at 4 p.m. Space is limited. Registration must be complete at least 1 week prior to group start date. For more information or to register, contact Kelia Bergin at

KBergin@CareDimensions.org or 781-373-6570.

Groups will be virtual via Zoom

Session 3: May 4/6 – June 1/3

RAISING GRIEVING CHILDREN: A FREE PARENT/CAREGIVER WORKSHOP SERIES

Join other parents/caregivers of grieving children to connect and learn new ways to support your grieving children. To RSVP contact Kristin Kowalski at 781-373-6633 or KKowalski@CareDimensions.org

Events will be virtual via Zoom

January-June: 4th Wednesday of the month, 7 – 8:30 p.m.

April 28: Finding ways to stay connected through rituals

May 26: Balancing your own grief while supporting your grieving child

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July 17 - 22

A mostly virtual format. Children and there families who have experienced the death of someone important can join together over zoom to connect, honor, and remember. Programming for children, teens, and their grownups. Families will have the option to participate in an in-person family activity in Beverly, Ma on July 17th. Registration at [CareDimensions.org/CampRegistration](https://www.CareDimensions.org/CampRegistration). Email camp@CareDimensions.org with questions.

For more information or to register:
visit - [CareDimensions.org/Calendars](https://www.CareDimensions.org/Calendars)
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.

VIRTUAL: LOSS OF PARENT

Please register by April 28.

Virtual via Zoom

Wednesdays, May 5 - June 23, 3 – 4:30 p.m.

VIRTUAL: LOSS OF SPOUSE/PARTNER

Space is limited. Please register by May 11.

Virtual via Zoom

Tuesdays, May 18 - June 22, 1 – 2:30 p.m.

OR

Tuesdays, June 1 - July 6, 5 – 6:30 p.m.

*Spring Service
of Remembrance & Hope*

Sunday, May 2, 2021

Virtual service will begin at 4:00 p.m.

Please RSVP to MBGrimm@CareDimensions.org
or call 978-380-4682.

Presented by



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Care Dimensions invites you to join us for our bi-annual Service of Remembrance. This service is our way of paying tribute to you and your loved one, while offering you the opportunity to publicly remember them at a special time and place.

This event offers beautiful poems, reflective music and ritual to honor our patients and you, their loved ones. We create an environment that is welcoming of everyone, regardless of individual faith or beliefs. This year, in order to keep everyone safe, this event is being held live, though virtually. Please RSVP to MBGrimm@CareDimensions.org or call 978-380-4682.

If you can't join us on May 2nd, you can watch a recording of the Service at [CareDimensions.org/SpringService2021](https://www.CareDimensions.org/SpringService2021) after May 4th.

COMING SOON

GENERAL GRIEF & LOSS

For more information or to register:

visit - [CareDimensions.org/Calendars](https://www.CareDimensions.org/Calendars)

call - 855-774-5100

email - grief@CareDimensions.org