Our grief support programs are funded in part by our generous community of donors.

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

Greater Boston

Programs held at 333 Wyman Street, Suite 100, Waltham, MA, 02451 unless otherwise stated.

October – November 2019

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, October 7, 4 – 6 p.m.
Monday, November 4, 4 – 6 p.m.

YOUNG ADULT LOSS OF PARENT
Care Dimensions Hospice House
125 Winter Street, Lincoln, MA
Saturdays, November 2 - December 14, 10 – 11:30 a.m.

LOSS OF SPOUSE/PARTNER
Lexington Council on Aging
39 Marret Road. Lexington, MA
Wednesdays, November 6 - December 18, 1 – 2:30 p.m.

COPING WITH THE HOLIDAYS
Emerson Hospital, Main Building
Cheney-B Conference Room, Concord, MA
Thursday, November 14, 3 – 4:30 p.m.

COMING SOON!
LOSS OF SPOUSE/PARTNER
GENERAL GRIEF & LOSS

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

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

BOSTON FAMILY GRIEF GROUP
Join us for our family grief group. This group is collaboration between Care Dimensions and BMC's Good Grief. Pizza and salad will be served at the beginning of each group. Preregistration is required for all events. For more information or to register, please visit CareDimensions.org/calendars or contact childlife@CareDimensions.org.
BMC SPARK (Supporting Parents and Resilient Kids) Center, 253 River Street, Mattapan, MA
1st Thursday of the month October-December (10/3, 11/7, 12/5), 6 – 7:30 p.m.

DIA DE LOS MUERTES/DAY OF THE DEAD
Join us for an evening of celebrating and honoring the lives of those who have died. Dia De Los Muertos is a Mexican holiday celebrated by people of many cultures. We invite you to join us to learn more about this holiday or if you've celebrated before to share your traditions with others.
East Boston, MA
Tuesday, October 29

COMING SOON!
COOKING THROUGH GRIEF, CHILDREN'S GRIEF AWARENESS DAY, BOSTON FAMILY NIGHT – TEDDY BEAR WORKSHOP

091319

For more information or to register
visit - CareDimensions.org/Calendars
call - 781-373-6530 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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CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

North Shore

Programs held at the Bertolon Center for Grief & Healing, 78 Liberty Street, Danvers, MA, 01923 unless otherwise stated.

October – November 2019

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
This workshop is open to those friends and family of Care Dimensions patients only. All others please see our Drop-In Group.
Danvers
Thursday, Oct. 3 or Nov. 7, 3 – 5 p.m.

MONTHLY CAREGIVER SUPPORT GROUP
Our drop in Caregiver Support Group is a safe space to release some of the stress you carry as you care for your loved one.
Danvers
Monday, Oct. 14 and Nov. 11, 10:30 – 11:30 a.m.

LOSS DUE TO SUBSTANCE DROP-IN
Care Dimensions invites people who are grieving a death due to substance use to participate in this drop-in support group. Participants will find a safe, welcoming space to express their grief among others with similar experiences. We will also discuss what to expect while grieving and strategies for coping.
Danvers
2nd & 4th Tues. of the month, thru Dec. 10, 3:30 – 4:30 p.m.

GENERAL GRIEF & LOSS DROP-IN
Care Dimensions invites people who are grieving a death to participate in this drop-in support group. Participants will find a safe, welcoming space to express their grief among others with similar experiences. We will also discuss what to expect while grieving and strategies for coping.
Danvers
1st & 3rd Tues. of the month, thru Dec. 17, 3:30 – 4:30 p.m.

LOSS OF SPOUSE/PARTNER
Danvers
Saturdays, October 5 - November 23, 10 – 11:30 a.m.

YOGA FOR LIVING WITH LOSS
Yoga for Living with Loss is a 60-minute gentle yoga class that supports grieving as an ongoing process. Open to anyone in the community who has experienced the death of someone close. *Cost is $75 for 8 sessions. Please call for more information.*
Danvers
Wedesdays, Oct. 23 - Dec. 11, 6 – 7 p.m.

Drop in classes will be held **Tuesdays, 6 – 7 p.m. thru Dec.17.** *Cost is $10 per class or pay in advance with discount.*

LOSS OF ADULT CHILD
Danvers
Thursdays, October 24 - December 12, 6:30 – 8 p.m.

LOSS OF SPOUSE/PARTNER (60 AND OLDER)
Peabody Council on Aging , 75r Central St, Peabody
Fridays, November 1 - December 13, 12:30 – 2 p.m.

LOSS OF SIBLING
Danvers
Mondays, November 4 - December 9, 4 – 5:30 p.m.

YOUNG WIDOWED (55 AND UNDER)
Danvers
Mondays, November 4 - December 9, 6 – 7:30 p.m.

LOSS OF SPOUSE/PARTNER PART II
This is a follow-up grief support group for those particpants who have already completed Loss of Spouse/Partner more than 6 months ago.
Danvers
Saturdays, November 2 - December 14, 12 – 1:30 p.m.
Note: Group will not meet November 30.

COMING EARLY 2020!

LOSS OF PARENT
LOSS DUE TO SUICIDE

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

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East Boston, Tuesday, October 29

COMING SOON!

CHILDREN'S GRIEF AWARENESS DAY IN NOVEMBER

091319

For more information or to register:
visit - 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.