



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

March – April 2022

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)

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 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 Monday before group.

[Virtual via Zoom](#)

Thursday, April 7 or May 5, 3 – 5 pm

VIRTUAL: 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. RSVP required by Thursday before group.

[Virtual via Zoom](#)

Monday, April 4 or May 2, 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 Bourgaue, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@ebnhc.org o llamar 857-248-5728. For information, email Erin Bourgaue at bourgaue@ebnhc.org or call 857-248-5728.

[Virtual via Zoom](#)

sabados, 12 y 26 de marcha, 9 y 23 de abril, 10 – 11:30 am
Saturdays, March 12 and 26, April 9 and 23, 10 – 11:30 am

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP

RSVP to AEvans@CareDimensions.org by Friday prior to group.

[Virtual via Zoom](#)

Monday, March 14, April 11 and May 9, 10:30 – 11:30 am

VIRTUAL: LOSS OF SPOUSE/PARTNER

Contact Grief@CareDimensions.org to register.

[Virtual via Zoom](#)

Mondays, April 4 through May 23, 5 – 6:30 pm

VIRTUAL: WOMEN GRIEVING FOR THEIR MOTHERS

Contact Grief@CareDimensions.org to register.

[Virtual via Zoom](#)

Wednesdays, April 6 through May 25, 6 – 7:30 pm

VIRTUAL: EXPRESSING GRIEF THROUGH THE ARTS

This is a one time workshop. Participants will be able to express their grief through creating a keepsake in their loved ones memory. There will be time for reflection, sharing, and commemorating loved ones throughout the project. Materials will be provided.

[Virtual via Zoom](#)

Wednesday, April 13, 3:30 – 5 pm

VIRTUAL: YOUNG WIDOWED

For widowed participants under 56 years of age. Contact

Grief@CareDimensions.org to register.

[Virtual via Zoom](#)

Mondays, April 25 through June 13, 5 – 6:30 pm

Note: Group will not meet on 5/30.

VIRTUAL: LOSS OF PARENT

Contact Grief@CareDimensions.org to register.

[Virtual via Zoom](#)

Thursdays, April 28 through June 16, 4 – 5:30 pm

Note: Group will not meet on 6/2.

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

RAISING GRIEVING CHILDREN WORKSHOPS

A free virtual workshop series for parents/caregivers focused on supporting grieving children/teens. Contact KKowalski@CareDimensions.org or call 781-373-6633 to register.

[Virtual via Zoom](#)

Second Wednesday of the month through June, 7:30 – 9 pm

- March 9: Exploring Children's Grief in the Midst of a Pandemic
- April 13: Finding Ways to Stay Connected Through Rituals
- May 11: Balancing Your Own Grief While Supporting Your Grieving Child

VIRTUAL: CHILDREN'S GRIEF GROUPS

A free, virtual space for children/teens, 1st grade-high school who have experienced the death of someone important, to connect, remember, and learn coping tools. Contact SMcCarthy@CareDimensions.org or call 978-578-8445 to register.

[Virtual via Zoom](#)

March 15 through April 14, 2022

Elementary Group - Tuesdays, 4:30-5:30pm

Middle School Group - Thursdays, 4:30-5:30pm

High School Group - Tuesdays, 6:30-7:45 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.