



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

February – April 2023

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)

Support groups are open to Massachusetts residents ONLY.

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 Friday before group.

Virtual via Zoom

Wednesday, February 8, March 15, or April 12, 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, February 6, March 6, or April 3, 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 Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@ebnhc.org o llamar 857-248-5728. For information, email Erin Bourgault at bourgaue@ebnhc.org or call 857-248-5728.

Virtual via Zoom

sábados, 11 y 25 de febrero, 11 y 25 de marzo, 8 y 22 de abril

10 – 11:30 am

Saturdays, Feb. 11 and 25, March 11 and 25, April 8 and 22

10 – 11:30 am

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP

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

Virtual via Zoom

Mondays, Feb. 13, March 13, and April 10, 10:30 – 11:30 am

VIRTUAL: LOSS OF SPOUSE/PARTNER

To register contact Grief@CareDimensions.org.

Virtual via Zoom

Wednesdays, February 15 – April 5, 5 – 6:30 pm

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

VIRTUAL: RAISING GRIEVING CHILDREN WORKSHOPS FOR PARENTS AND CAREGIVERS

A free virtual workshop series for parents/caregivers focused on supporting grieving children/teens. Contact ChildLife@CareDimensions.org to register.

Virtual via Zoom

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

February 8: Balancing Your Own Grief While Supporting Your Grieving Child

April 12: Finding Ways to Stay Connected Through Rituals

June 14: Open Forum/ Q & A

**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.**