



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.

September 2017

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

1st Thursday of every month, 3 - 5 p.m.

LOSS OF ADULT CHILD

Danvers

Mondays, September 11 - October 30, 6 - 7:30 p.m.

WRITING FROM THE HEART OF GRIEF

Danvers

Tuesdays, September 12 - October 17, 10 a.m. - noon

YOGA FOR LIVING WITH LOSS

Yoga for Living with Loss is a 60-minute gentle yoga class that 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 one six-week program.

Danvers

Tuesdays, September 12 - October 17, 6 - 7 p.m.

Wednesdays, September 13 - October 18, 10 - 11 a.m.

LGBTQ GRIEF SUPPORT GROUP

This 8-week group is for LGBTQ identified adults of any age who are grieving the loss of a loved one. Participants in this identity-affirming space will make connections with one another as they explore the many feelings and facets of grief, foster coping skills, and support each other's unique grief journeys toward healing.

Danvers

Wednesdays, September 13 - November 1, 6:30 - 8 p.m.

LOSS OF SPOUSE/PARTNER

Peabody COA, Torigian Center, 79 Central Street, Peabody

Fridays, September 15 - November 3, 10:30 a.m. - noon

COPING WITH GRIEF AND LOSS

Family Doctors Office, 250 Paradise Road, Swampscott

Tuesdays, September 19 - October 24, 10:30 a.m. - noon

LOSS OF PARENT

Danvers

Wednesdays, September 20 - November 8, 6:30 - 8 p.m.

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.



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar

Greater Boston

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

September – October 2017

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

Tuesday, September 5, 6 – 8 p.m.

Tuesday, October 3, 3 – 5 p.m.

COPING WITH GRIEF AND LOSS

Emerson Hospital, John Cuming Building

Donaldson Conference Room

Thursdays, September 14 - November 2, 6:30 – 8 p.m.

LOSS OF SPOUSE/PARTNER

Waltham

Wednesdays, October 11 -December 6, 3 – 4:30 p.m.

Note: Group will not meet November 22.

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

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