



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

# Bereavement Calendar

Greater Boston

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

## March 2018

We now offer online registration!

Visit [CareDimensions.org/calendars](http://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, March 5, 4 – 6 p.m.

### LOSS OF SPOUSE/PARTNER

Waltham

Thursdays, March 22 - May 10, 6 – 7:30 p.m.

### LOSS OF PARENT

Waltham

Thursdays, March 29 - May 17, 4 – 6 p.m.

## CHILDREN'S BEREAVEMENT SUPPORT GROUPS

### CHILDREN & TEEN BEREAVEMENT SUPPORT GROUPS

*This free group is open to children and teens ages 4–18 who are grieving the death of someone close. Children and teens will be divided into groups based on age. There will be a group for parents/guardians on "Raising Grieving Children" at the same time and location.*

*Pizza and salad will be served at the beginning of each group. Advance registration is required. Contact our Children's Program at 978-750-9335 or [ChildLife@CareDimensions.org](mailto:ChildLife@CareDimensions.org).*

Waltham

1st and 3rd Tuesday of every month, start date TBD, 6 – 7:30 p.m.

Note: Zip code in Waltham is 02451.

Visit [CareDimensions.org](http://CareDimensions.org) to learn more about programs and resources.

For more information or to register  
call 855-774-5100 or  
email [grief@CareDimensions.org](mailto: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

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## Bereavement Calendar

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

### March – April 2018

We now offer online registration!

Visit [CareDimensions.org/calendars](http://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**

Thursday, March 1, 3 – 5 p.m.

#### MONTHLY CAREGIVER SUPPORT GROUP

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you carry as you currently care for your loved one. Join us for a cup of coffee or tea while finding mutual support from others and learn tools to help you along your journey of caring. For questions, please contact April Evans, LICSW at 781-373-6609 or [AEvans@CareDimensions.org](mailto:AEvans@CareDimensions.org).

**Danvers**

Monday, March 12, 10:30 – 11:30 a.m.

#### LOSS OF ADULT CHILD

**Danvers**

Mondays, March 12 - April 30, 6 – 7:30 p.m.

#### LOSS OF SPOUSE/PARTNER

**Danvers**

Wednesdays, March 28 - May 16, 5 – 6:30 p.m.

#### LOSS OF PARENT

**Danvers**

Mondays, April 2 - May 21, 3 – 5 p.m.

#### CAREGIVER BEREAVEMENT SUPPORT GROUP

The Caregiver Bereavement Support Group is designed to support caregivers as they process the unique grief that comes with losing the loved for whom they cared. It is for spouses, adult children, and other family members who are seeking group support.

**North Shore Elder Services**

**300 Rosewood Drive, Suite 200, Danvers**

**1st and 3rd Wednesdays of each month**

**from April 4 - June 20, 5 – 6:30 p.m.**

#### SPRING SERVICE OF REMEMBRANCE

Please call Bereavement at 855-774-5100 to RSVP.

**Congregation Shirat Hayam of the North Shore**

**55 Atlantic Avenue, Swampscott**

**Sunday, April 8, 3 – 5 p.m.**

**COMING SOON!**

**WOMEN GRIEVING THEIR MOTHERS (MAY)**

**YOGA FOR LIVING WITH LOSS (MAY)**

Note: Zip code in Danvers is 01923.

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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.