



# 2018 Grief Support Offerings

## All Care Hospice Bereavement Program

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Please view our website for descriptions of the following groups and workshops:  
<http://www.allcare.org/hospice/grief-loss-services>

### Open Hearts Club:

**A quarterly workshop for widow & widowers**

*(Completion of a support group required to participate)*

Tuesday, Feb. 13<sup>th</sup> \* Lynn, MA \* 1-3 pm \* **RSVP by Feb. 9<sup>th</sup>**

Interested but unable to attend during the daytime? Please call, time of program is based on need.

### Connecting and Coping:

**An 8 week support group for the loss of a spouse/ life partner**

Tuesdays, Feb. 27<sup>th</sup> – May 1<sup>st</sup> (skip March 20<sup>th</sup> & April 17<sup>th</sup>)

Lynn, MA \* 1-3:30 pm \* **RSVP by Feb. 15<sup>th</sup>**

### Finding Your Way:

**A one-time workshop for the death of a parent(s), parental figure &/or guardian**

Monday, March 5<sup>th</sup> \* Lynn, MA \* 6-8 pm \* **RSVP by Feb. 26<sup>th</sup>**

### HeART Space:

**A monthly workshop celebrating the power of the creative process**

**Dates:** 2/16, 3/16, 4/6, 5/18, 6/15, 7/20, 8/17/18 \* Lynn, MA \* 1-3 pm \* **RSVP 1<sup>st</sup> week of each month**

### Mourning After Caregiving:

**A one-time workshop for mourners who were also caregivers**

Tuesday, March 27<sup>th</sup> \* Lynn, MA \* 6-8 pm \* **RSVP by March 19<sup>th</sup>**

### Continued Bonds:

**A one-time workshop for the loss of an adult child**

Tuesday, April 3<sup>rd</sup> \* Lynn, MA \* 6-8 pm \* **RSVP by March 26<sup>th</sup>**

### Hope Circle:

**A seasonal workshop offering ceremonies for wisdom & wellness**

**Spring:** Tuesday, March 20<sup>th</sup> \* 1-3 pm \* **RSVP by March 14<sup>th</sup>**

**Summer:** Thursday, June 21<sup>st</sup> \* 6-8 pm \* **RSVP by June 13<sup>th</sup>**

All grief support events are free and open to the community. Pre-registration by the date listed is required for participation and event location will be provided during intake.

**Please call Bereavement Coordinator, Liz Cumming, ATR, LMHC at 781-244-1198 with all inquiries and/ or to register.**

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