Bereavement can be a painful, stressful, and difficult journey at the best of times. But grieving the loss of a loved one may be especially challenging during the COVID19 pandemic. Fear, anxiety and illness often bring unique challenges. During this pandemic, it may feel even more stressful if one is already grieving the loss of a loved one.

- Decreased ability to receive support from family and friends, in person. This may lead to feelings of sadness, isolation and loneliness.
- Decreased activity levels which leaves room for more time to think without the ability to rely on hobbies and other interests as meaningful distractions.
- Uncertainty around social, health and occupational stability during the grief process making it difficult to plan for the future.
- Frequent reminders of about illness and death, leading to fear of experiencing other losses.

Hospice and Palliative Care programs across the state are responding to growing bereavement needs amid the COVID19 pandemic. Information is arranged by region for your convenience. Contact the organization for more information and specifics about participating in virtual bereavement support.

- Boston
- Berkshires
- Cape & Islands
- Central Regional
- Metrowest
- Northeast
- Southeast

### Boston

**Care Dimensions**

All Services are offered at no cost and are facilitated via Zoom video conferencing.

**July- September 2021 Bereavement Calendar**

**Adult Bereavement**

- Newly Bereaved (A one-time workshop for anyone with a death in the past 3 months)
- General Grief and Loss, Wednesdays, 3:00-4:30 pm
- Loss of Adult Child, Thursdays, 6:30-8:00 pm

**Caregiver Support**

- Monthly Caregiver Support Group

**Registration Information**

<table>
<thead>
<tr>
<th>Online Registration</th>
<th>CareDimensions.org/Calendars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(781) 373-6530</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:grief@CareDimensions.org">grief@CareDimensions.org</a></td>
</tr>
</tbody>
</table>

**West River Hospice**

All Services are offered at no cost and are facilitated via Zoom video conferencing

**Adult Bereavement**

- General Grief Support, Thursdays 10:00-11:00 am

**Registration Information**

<table>
<thead>
<tr>
<th>Nikki Stournaras</th>
<th>Bereavement Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email</td>
<td><a href="mailto:nstournaras@westriverhospice.com">nstournaras@westriverhospice.com</a></td>
</tr>
</tbody>
</table>
Berkshires

Cape & Islands

Central Regional

**Overlook VNA and Hospice**

All Services are offered at **no cost** and are facilitated via **Zoom** video conferencing.

**Adult Bereavement**

- General Grief Support, 2\textsuperscript{nd} and 4\textsuperscript{th} Wednesdays 1:00-2:30 pm

**Registration Information**

Susan Fuller, Bereavement Coordinator
Telephone: (508) 434-2200
Email: sfuller@overlook-vna.org

**MetroWest**

**Beth Israel Lahey at Home**

All Services are offered at **no cost** and are facilitated via **Zoom** video conferencing.

**Adult Bereavement**

- Bereavement Support for Jewish Bereaved, Tuesdays 6:00-7:30 pm
- Bereaved Adults Grieving a Parent or Sibling, Thursdays 5:00-6:30 pm
- Support Group for Bereaved Spouses, Wednesdays 4:00-5:30 pm
- LGBTQ Bereavement Support Group, Thursdays 10:00-11:30 am

**Registration Information**

Beth Nassozi, LICSW, Bereavement Coordinator/Counsellor
Telephone: (339) 225-5220
Email: beth.nassozi@mah.org

**HEARTplay: Child, Teen, & Young Adult Bereavement Support Groups**

- **HEARTplay West at Home** (ages 6-12), Wednesdays 2:00-3:00 pm, Saturdays 10:00-11:00 am
- **HEARTplay East at Home** (ages 6-12), Wednesdays 11:00-12:00 pm, Saturdays 10:00-11:00 am
- **HEARTplay West at Home** (teens), Wednesdays 4:00-5:00 pm, Saturdays 1:00-2:00 pm
- **HEARTplay (young adult)** Sundays, 5:00-6:00 pm
- **HEARTplay Family Yoga/Meditation** (all ages & adult caregivers!), Fridays 10:00-10:30 am

**Registration Information**

[Online Registration Required](http://heartplayprogram.org/registration/)

**Questions regarding Heartplay**

Jennifer Wiles, LMHC, BC-DMT Director of Children’s Services
Telephone: (508) 309-5107
Email: jwiles@mah.harvard.edu
Telephone: (401) 365-8783
Northeast

Care Dimensions

All Services are offered at **no cost** and are facilitated via **Zoom** video conferencing.

July-September 2021 Bereavement Calendar

Adult Bereavement

- Newly Bereaved (A one-time workshop for anyone with a death in the past 3 months)
- General Grief and Loss, Tuesdays, 3:30-5:00 pm
- Loss of Adult Child, Thursdays, 6:30-8:00 pm
- Loss of Spouse/Partner, Saturdays, 11:00 am-1:00 pm
- Women Grieving for their Mothers, Thursdays, 6:30-8:00 pm
- Young Widowed, Mondays, 6:00-7:30 pm
- Healing After a Loved One’s Death by Suicide, Mondays Nov 1-Dec 6 from 3:00-4:30 pm
- Complicated Grief: When Time Doesn’t Heal, Wednesday Sept 8-Oct 13 from 6:00-7:30 pm
- Yoga for Living with Loss: Wednesday Sept 8-Dec 15 from 5:30-6:30 pm
- Out of the Shadows: Thursday Nov 3-Dec 15 from 12-1:30 pm

Caregiver Support

- Monthly Caregiver Support Group

COVID-19 Specific

- Loss Due to Covid-19

Registration Information

- Online Registration: CareDimensions.org/Calendars
- Phone: (781) 373-6530
- Email: grief@CareDimensions.org

Constellation Health Service

All Services are offered at **no cost** and are facilitated via **Zoom** video conferencing.

Adult Bereavement

- General Grief Support, 2nd and last Wednesdays 5:30-7:00 pm

Registration Information

- Loretta Mangano: Bereavement Coordinator
- Email: lmangano@constellationhs.com
Southeast

HopeHealth Hospice & Palliative Care

All Services are offered at no cost and are facilitated via Zoom video conferencing.

COVID-19 Specific
- Losing a Loved One to Covid-19: Comfort and Support, Wednesdays 4:30-6:00 pm
- Emotional Support and Coping with Cumulative Loss for Professional Caregivers, Mondays 8:00-9:00 am, Wednesdays 8:00-9:00 pm

Adult Bereavement
- General Grief Support, Fridays 10:00-11:30 am
- Mindfulness Meditation for Grief and Healing, Wednesdays 3:00-4:30 pm

Child and Teen Support Groups
- Children’s Grief Support, Bi-Weekly Fridays 3:30-4:30 pm
- Teen’s Grief Support, Bi-Weekly Fridays 3:30-4:30 pm

Registration Contact
Marsha Ireland Community Services Coordinator
Telephone (401) 365-8783