

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.

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

Online Registration [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars)
Phone (781) 373-6530
Email grief@CareDimensions.org

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

Nikki Stournaras Bereavement Coordinator
Email nstournaras@westriverhospice.com

Berkshires

Cooley Dickenson VNA & Hospice

Adult Bereavement

All Services are offered at **no cost** and are facilitated virtually.

- Bereavement Support Group for Adults Remembering a Parent Who Has Died, Mondays, 5:30 – 7:00 PM, June 1 – July 27, 2020 (no group 7/6)
 - Discuss and learn about grief
 - Remember and share about the person who died
 - Connect with others whose parent(s) have died

Registration Information

Shelly Bathe Lenn, M.Ed.	Bereavement Coordinator
Telephone	413-727-5749
Email	slenn@cooleydickinson.org

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, 2nd and 4th Wednesdays 1:00-2:30 pm

Registration Information

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

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 at <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.

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, 12:30-2:00 pm
- Women Grieving for their Mothers, Thursdays, 6:30-8:00 pm
- Young Widowed, Mondays, 6:00-7:30 pm

Caregiver Support

- Monthly Caregiver Support Group

COVID-19 Specific

- Loss Due to Covid-19
- Loss of Adult Child, Mondays 8:00-9:00 am, Wednesdays 8:00-9:00 pm

Registration Information

Online Registration [CareDimensions.org/Calendars](https://www.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

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

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

Registration Contact

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