

Bereavement Services Spring/Early Summer Calendar

The David and June Pelkey Grief Education Series

Presentations designed to support people on their journey of grief

• **Registration is required** • **Workshops take place via Zoom** •

Special Topic

Art as a Pathway to Healing

Thursdays • April 10, 17, 24 and May 1, 8 and 15
2:00 p.m.—3:30 p.m.



This spring, The Museum of Modern Art, in Partnership with **VNS Health Hospice Care**, invites you to join regularly scheduled in-person programs at the Museum. Learn about art

and meet new people through interactive sessions that will explore different artists and themes in modern and contemporary art. No prior experience necessary! Space is limited and preregistration required. This program is open to individuals who have had loved ones in **VNS Health Hospice Care**, and participated in the bereavement program. First time participants will be given priority. **For more information or to register, e-mail primetime@moma.org.**

Bereavement Creative Arts Support Group

Each meeting will focus on the grief journey of group members, as told through the creative arts. No artistic skills required and a list of suggested art materials for each session will be provided.

Thursdays • April 10, May 8, June 12, July 10, and August 14
11:00 a.m. - 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnshealth.org

Spring Labyrinth Walk

Saturday • May 10

9:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



How Long Does Grief Last?

Thursday • May 15

6:00 p.m.—7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

Mindfulness Based Grief Reduction: A full day silent retreat

Finding Peace • 16 Breathing Exercises

Sunday • May 18

1:30 p.m.—5:00 p.m.

Jean Metzker • 917-331-7819 • Text or email preferred

Jean.Metzker@vnshealth.org

Learning to meditate and to find peace and calmness in the process often results in grieving that lets go of anxiety helping the grieving process have purpose.



Special Topic

Grief and Dreams

Wednesdays • June 4, 18, and July 2, 16

6:00 p.m.—7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

Summer Labyrinth Walk

Wednesday • July 23

5:00 p.m.—6:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



Seasons of Life Support Groups

• Registration is required • Groups take place via Zoom •

Weekly (Ongoing) Groups

Chinese-Language Bereavement Support

善別輔導小組

Tuesdays • 2:30 p.m. — 4:00 p.m.

Pamela Yew Schwartz • 347-831-1811

Pamela.Schwartz@vnshealth.org

For Adults Grieving the Death of a Loved One

Tuesdays • 6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

Bi-Weekly Groups

For Spouses and Partners in the First Year Who Are Grieving the Death of a Hospice Patient

This Zoom group is ongoing

Mondays • April 7, 21, May 5, 19, June 9, 23, and July 7, 21

11:00 a.m. — 12:30 p.m.

Rocio Ruiz • 347-439-2695 / Rocio.Ruiz@vnshealth.org

For Adults Grieving the Death of a Loved One

Tuesdays • April 1, 15, May 6, 20, June 3, 17, and July 1, 15

1:00 p.m. — 2:30 p.m.

Dianna Sandiford • 646-430-4125

Dianna.Sandiford@vnshealth.org

Men Coping with Grief

Mondays • April 7, 21, May 5, 19, June 2, 16, and July 7, 21

6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

Grupo de Soporte para Hispanos

“Construyendo un Puente hacia una Vida Nueva”
(Spanish Bereavement Group)

Thursdays • April 3, 17, May 1, 22, and June 5, 19

1:30 p.m. — 3:00 p.m.

Liz Santana • 917-608-7220

Elizabeth.Santana@vnshealth.org



Group Testimonial

“Being able to listen and share my deepest feelings with a group of peers was healing.”

—J.S.



Group Testimonial

“Each time I attend the weekly group meeting, I am reminded of the importance of allowing myself to grieve.”

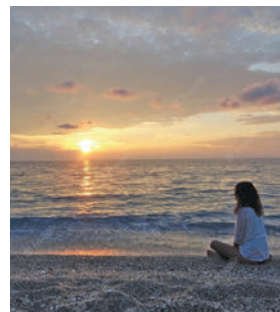
—W.B.



Group Testimonial

“My journey through the grieving process is evolving with the help and support of our Men’s Group.”

—G.B.



Group Testimonial

“My journey through the grieving process is evolving with the help and support of our Men’s Group.”

—G.B.

VNS Health Hospice Care
Willis.Partington@vnshealth.org

Seasons of Life Support Groups

• **Registration is required** • **Groups take place via Zoom** •

Monthly Groups

For Adults Grieving the Death of a Brother or Sister

Mondays • April 21, May 19, June 23, and July 21

6:00 p.m. — 7:30 p.m.

Alison Reynoso • 347-753-7687

Alison.Reynoso@vnshealth.org

Loss of an Adult Child

For Parents Grieving the Death of an Adult Child

Wednesdays • April 9, May 14, June 11, and July 9

1:00 p.m. — 2:30 p.m.

Pamela Yew Schwartz – 347-831-1811

Pamela.Schwartz@vnshealth.org

Focused Groups

For Adults Grieving the Death of a Parent

Tuesdays • May 6, 13, 20, 27, and June 3, 10

6:00 p.m. — 7:30 p.m.

Debra Oryzsyn • 212-609-1929

Debra.Oryzsyn@vnshealth.org

LGBTQIA+ and Allies Bereavement Group & Book Club

Thursdays • July 17, 24, 31, and August 7, 14, 21

6:00 p.m. — 7:00 p.m.

Jean Metzker • 917-331-7819

Text or email preferred.

Jean.Metzker@vnshealth.org

Flyer sent after registration



Group Testimonial

“When I was knocked out by grief the group got me back on my feet.”

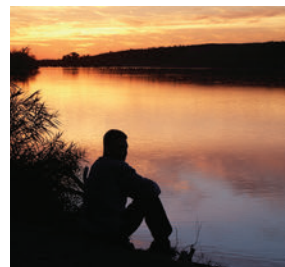
—E.G.



Group Testimonial

“Even with Zoom we can speak freely, safely, and from our hearts.”

—N.D.



Group Testimonial

“Throughout the week, I often find myself reflecting on what was said by other or what wasn’t said by me.”

—W.B.



Group Testimonial

“The group gives me a safe place to tell my story and learn from others.”

—W.B.



Group Testimonial

“The professional group leaders do their work with great wisdom and caring.”

—E.G.



Group Testimonial

“The openness of all and the wise empathetic leadership helps me feel compassion for fellow members and take focus away from my pain.”

—S.N.