

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 phone or Zoom** •

Saturday Matinee

A four-part film series to support you in the grieving process

Saturdays • January 25, February 8 and 22, and March 1

(these dates are tentative and TBD)

1:30 p.m. — 3:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

**Mindfulness Based Grief Reduction:
A full day silent retreat****Finding Peace • 16 Breathing Exercises**

Sunday • February 9

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.

Stress Management and Self-Care in Grief

Tuesday • March 11

6:00 p.m.—7:30 p.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:**Art as a Pathway to Healing**

Thursdays • 2:00 p.m.—3:30 p.m.

April 10, 17, 24 and May 1, 8 and 15



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.**

Seasons of Life Support Groups

• **Registration is required** • **Groups take place via phone or 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 • January 13, 27, February 10, 24,
 March 10, 24, and April 7, 21
 11:00 a.m. – 12:30 p.m.
 Rocío Ruiz 347-439-2695
 Rocio.Ruiz@vnshealth.org

For Adults Grieving the Death of a Loved One

Tuesdays • January 7, 21, February 4, 18,
 March 4, 18, and April 1, 15
 1:00 p.m. — 2:30 p.m.
 Dianna Sandiford • 646-430-4125
 Dianna.Sandiford@vnshealth.org

Men Coping with Grief

Mondays • January 6, 27, February 10, 24,
 March 10, 24, and April 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 • January 9, 23, February 6, 20,
 March 6, 20, and April 3, 17
 1:30 p.m. — 3:00 p.m.
 Liz Santana • 917-608-7220
 Elizabeth.Santanta@vnshealth.org


Group Testimonial

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


Group Testimonial

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


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

“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.

Seasons of Life Support Groups

• Registration is required • Groups take place via phone or Zoom •

Monthly Groups

For Adults Grieving the Death of a Brother or Sister

Mondays • January 27, February 24, March 24, and April 21
6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

Loss of an Adult Child

For Parents Grieving the Death of an Adult Child

Wednesdays • January 8, February 12, March 12, and April 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 Spouse or Partner

Tuesdays • January 21, 28, and February 4, 11, 18, 25
6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

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 Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

LGBTQIA+ Bereavement and Book Group

Thursdays • March 20, 27, April 3, 10, 17, 24, and May 1, 8
6:00 p.m.—7:00 p.m.

Jean Metzker • 917-331-7819 (Text or email preferred)
Jean.Metzker@vnshealth.org



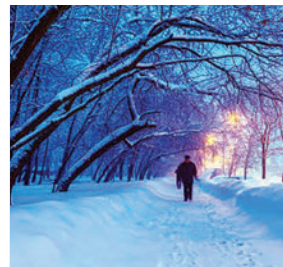
Group Testimonial

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



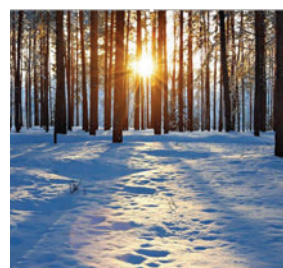
Group Testimonial

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



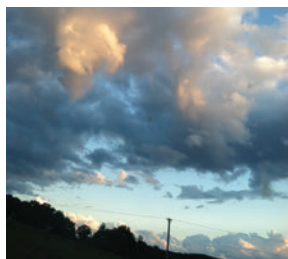
Group Testimonial

“The group has allowed me to express all of my emotions fear, anger, sadness and everything in between.”
—D.McG.



Group Testimonial

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



Group Testimonial

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



Group Testimonial

“I am able to process my thoughts as they come up and I know I am not alone.”
—W.B.