

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** •

Fall Labyrinth Walk

Saturday • October 5

9:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org


Book Club: Poems by Amanda Gorman
Call Us What We Carry

Thursdays • October 17, 24, 31

12:00 p.m. — 1:00 p.m.

Jean Metzker • 917-331-7819

Jean.Metzker@vnshealth.org (Text or email preferred)

“For All of Us Who Are Hurting & Healing Who Choose to Carry on.”

Art Making and Collage to Share Memories and Grief

A workshop in collaboration with School of Visual Arts

Wednesdays • November 6 and November 20

6:00 p.m. — 7:30 p.m.

Janet King 646-341-0405

Janet.King@vnshealth.org

Making the Holidays Meaningful and Manageable

Monday • November 11

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 • December 8

1:30 p.m.—5:00 p.m.

Jean Metzker • 917-331-7819

Jean.Metzker@vnshealth.org (Text or email preferred)

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 • December 17

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

How Long Does Grief Last?

Thursday • January 16, 2025

6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

Bereavement Creative Arts Support Group

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

Thursdays • January 16, February 13, March 13, and April 10, 2025

11:00 a.m. — 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnshealth.org

Saturday Matinee

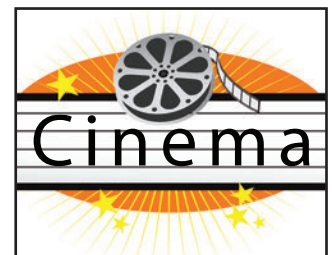
A four-part film series to support you in the grieving process

Saturdays • January 25, February 8 and 22, and March 1, 2025 (these dates are tentative and TBD)

1:30 p.m.—3:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org


Group Testimonial

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

—W.B.

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 October 14, 28, November 11, 25,
 December 9, 23, and January 13, 27, 2025
 11:00 a.m. — 12:30 p.m.
 Janet King • 646-341-0405 •
 Janet.King@vnshealth.org

For Adults Grieving the Death of a Loved One

Tuesdays • October 1, 15, November 5, 19,
 December 3, 17, and January 7, 21, 2025
 1:00 p.m. — 2:30 p.m.
 Dianna Sandiford • 646-430-4125
 Dianna.Sandiford@vnshealth.org

Men Coping with Grief

Mondays • October 7, 21, November 4, 18,
 December 2, 16, and January 6, 27, 2025
 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 • October 10, 24, November 7, 21, and
 December 5, 19
 1:30 p.m. — 3:00 p.m.
 Liz Santana • 917-608-7220
 Elizabeth.Santana@vnshealth.org

For Young Adults Grieving the Death of a Loved One

Thursdays • January 9, 23, February 13, 27, and
 March 13, 27, 2025
 6:00 p.m. — 7:30 p.m
Note: Dates may be subject to change
 Gladys Ortiz-Alvarado • 917-923-6288
 Gladys.Ortiz-Alvarado@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

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

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 • October 21, November 18, December 16, and January 27, 2025

6:00 p.m. — 7:30 p.m.

Gladys Ortiz-Alvarado • 917-923-6288

Gladys.Ortiz-Alvarado@vnshealth.org

Loss of an Adult Child

For Parents Grieving the Death of an Adult Child

Wednesdays • October 9, November 13, December 11, and January 8, 2025

1:00 p.m. — 2:30 p.m.

Pamela Yew Schwartz • 347-831-1811

Pamela.Schwartz@vnshealth.org

Focused Groups

LGBTQIA+ Bereavement and Book group

Thursdays • November 14, 21, 28 and December 5, 12, 19, 26

6:30 p.m. — 8:00 p.m.

Please buy and we will read from: *Bearing the Unbearable*

Jean Metzker • 917-331-7819

Jean.Metzker@vnshealth.org (Text or email preferred)

For Adults Grieving the Death of a Parent

Tuesdays • November 5, 12, 19, 26 and December 3, 10

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

For Adults Grieving the Death of a Spouse or Partner

Tuesdays • January 21, 28 and February 4, 11, 18, 25, 2025

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

Special Topic:

Art as a Pathway to Healing

Thursdays • October 10, 17, 24, 31 and November 7, 14

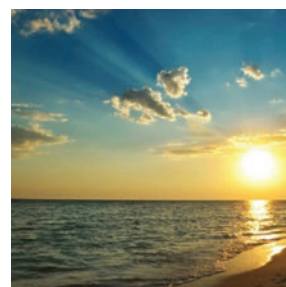
2:00 p.m.—3:30 p.m.



This fall, 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!

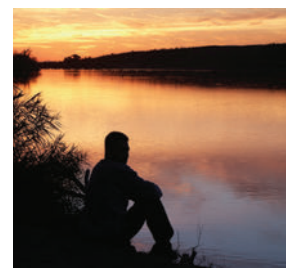
Space is limited and preregistration required. This program is open to individuals who have had loved ones in **VNS Health Hospice Care** and participated in the bereavement program. First time participants will be given priority. **For more information or to register, e-mail primetime@moma.org.**



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

“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

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

—E.G.