

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** •

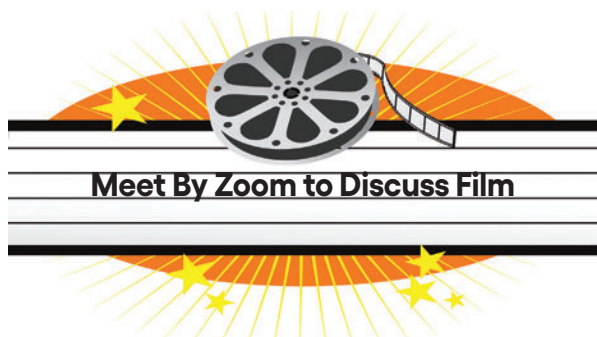
How Long Does Grief Last?

Thursday • January 18, 2024

6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org



Saturday Matinee

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

Saturdays • January 20, February 3, 24, and March 2, 2024

(these dates are tentative)

1:30 p.m. — 3:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@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 artistic skills required and a list of suggested art materials for each suggestion will be provided.

Thursdays • January 11, February 8, March 7, and April 4

11:00 a.m. - 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnshealth.org

Art making and collage to explore memories and grief

A workshop in collaboration with School of Visual Arts

Tuesdays • January 30, and February 6, 13

2:30 p.m. — 3:30 p.m.

Janet King 646-341-0405

Janet.King@vnshealth.org

Special Topic:

Art as a Pathway to Healing

Thursdays • 2:00 p.m.—3:30 p.m.

April 11, 18, 25 and May 2, 9 and 16



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.**

Stress Management and Self-Care in Grief

Tuesday • March 12

6:00 p.m.—7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.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 Adults Grieving the Death of a Loved One

Tuesdays • January 2, 16, February 6, 20,
March 5, 19, and April 2, 16
1:00 p.m. — 2:30 p.m.
Dianna Sandiford • 646-430-4125
Dianna.Sandiford@vnshealth.org

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

This Zoom group is ongoing

Mondays • January 8, 22, February 12, 26, March 11, 25,
and April 8, 22
11:00 a.m. — 12:30 p.m.
Janet King • 646-341-0405
Janet.King@vnshealth.org

For Young Adults Grieving the Death of a Loved One

Thursdays • January 11, 25, February 8, 22,
and March 7, 21
6:00 p.m. — 7:30 p.m.
Gladys Ortiz-Alvarado • 917-923-6288
Gladys.Ortiz-Alvarado@vnshealth.org

Men Coping with Grief

Mondays • January 8, 22, February 12, 26,
March 4, 18, and April 1, 15
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 11, 25, February 8, 22, March 7, 21,
and April 4, 18
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

“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.

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 22, February 26, March 25,
and April 22

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 • January 10, February 14, March 13,
and April 10

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 23, 30 and February 6, 13, 20, 27

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



Group Testimonial

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



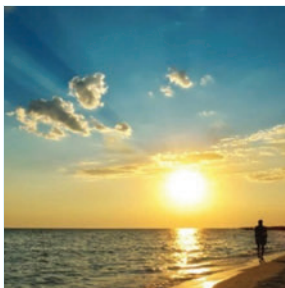
Group Testimonial

“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

“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.



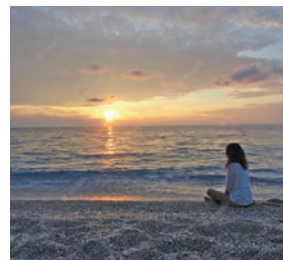
Group Testimonial

“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.