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

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

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

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

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 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.Santanta@vnshealth.org

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**Group Testimonial**

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

— N.D.

**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.
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

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**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**

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

**Group Testimonial**

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

**Group Testimonial**

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