

**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 •**

**Grief Journaling**

**Tuesdays • July 8, 15, 22, 29**

6:00 p.m. — 7:30 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 art materials will be provided for each suggestion.*

**Thursdays • July 10, August 14, September 18, October 16, November 13, and December 11**

11:00 a.m. — 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@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


**Saturday Matinee**

*A monthly film series to support you in the grieving process*

**Saturdays • Dates TBD**

1:30 p.m. — 3:00 p.m.

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Debra.Oryzysyn@vnshealth.org


**Book Club: We Were Made for These Times**

**Ten Lessons for Moving Through Change, Loss and Disruption**

**Wednesdays • September 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19**

12:00 p.m. — 1:30 p.m.

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

Jean.Metzker@vnshealth.org

*Please register by Monday September 8th*

**Paths to Peace – A Healing Modality Series**

**Saturdays • October 11 – Self-Care and Rituals, October 18 – Reiki and October 25 – Mindfulness Meditation and Labyrinth Walk**

10:30 a.m. — 11:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

*Note: Dates may be subject to change*

**How Long Does Grief Last?**

**Thursday • October 2**

6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

**Fall Labyrinth Walk**

**Saturday • October 4**

9:30 a.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 • November 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 • December 16**

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

VNS Health Hospice Care  
Willis.Partington@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 • July 7, 21, August 11, 25, September 8, 22, and October 13, 27**

**11:00 a.m. — 12:30 p.m.**

Gregory Smith 646-952-1123

Gregory.Smith@vnshealth.org

**For Adults Grieving the Death of a Loved One More than One Year**

**Mondays • July 7, 21, August 4, 18, September 8, 15, and October 6, 20**

**12:00 p.m. — 1:30 p.m.**

Dianna Sandiford • 646-430-4125

Dianna.Sandiford@vnshealth.org

**Men Coping with Grief**

**Mondays • July 7, 21, August 4, 19, September 8, 29, and October 13, 27**

**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 • September 11, 25, October 9, 23**

**1:30 p.m. — 3:00 p.m.**

Liz Santana • 917-608-7220

Elizabeth.Santana@vnshealth.org

**Special Topic**
**Art as a Pathway to Healing**

**Thursdays • October 9, 16, 23, 30 and November 6, 13  
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](mailto:primetime@moma.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 • June 23, July 21, August 18, September 15, and October 20**

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 • July 9, August 13, September 10, October 8**

1:00 p.m. — 2:30 p.m.

Pamela Yew Schwartz • 347-831-1811

Pamela.Schwartz@vnshealth.org

### Focused Groups

**LGBTQ+ and Allies Bereavement Group**

**Book Club – *Bearing the Unbearable***

**Thursdays • July 3, 10, 17, 24, 31, and August 7**

4:30 p.m.—5:30 p.m.

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

Jean.Metzker@vnshealth.org

**For Adults Grieving the Death of a Spouse or Partner**

**Tuesdays • September 16, 23, 30 and October 7, 14, 21**

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 • November 4, 11, 18, 25 and December 2, 9**

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

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

—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

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

—J.S.