

## Bereavement Services Winter / Early Spring 2026 Calendar

### 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 24, February 7, 21 and 28,

*(these dates are tentative and TBD)*

1:30 p.m. — 3:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



#### **Book Club: The Light We Carry**

**By Michelle Obama**

Tuesdays • February 10, 17, 24, and March 3, 10

5:00 p.m. — 6:00 p.m.

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

Jean.Metzker@vnshealth.org

#### **Bereavement Creative Arts Support Group**

Thursdays • February 12, March 12, and April 9

11:00 a.m. — 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnshealth.org

*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.*

#### **Stress Management and Self-Care in Grief**

Tuesday • March 10

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

#### **How Long Does Grief Last?**

Thursday • May 14

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 17

12:30 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**

Tuesdays • April 14, 21, 28, May 5, 12, 19

2:00 p.m. — 3:30 p.m.



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](mailto: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

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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 hybrid Zoom and in-person group is ongoing*

Mondays • January 12, 26, February 9, 23,  
 March 9, 23 and April 6, 20  
 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

Mondays • January 5, 23, February 2, 20,  
 March 2, 16 and April 6, 20  
*Holiday Mondays – Meetings held on Friday of same week*  
 12:00 p.m. — 1:30 p.m.  
 Dianna Sandiford • 646-430-4125  
 Dianna.Sandiford@vnshealth.org

#### Men Coping with Grief

Mondays • January 12, 26, February 9, 23,  
 March 9, 23 and April 6, 20  
 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 8, 22, February 5, 19,  
 March 5, 19 and April 2, 16  
 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

“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

“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 • February 9, March 9, and April 13

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 • February 11, March 11, and April 8

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

*Note: Members must attend all six sessions*

Tuesdays • January 20, 27 and February 3, 10, 17, 24

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

*Note: Members must attend all six sessions*

Tuesdays • April 14, 21, 28 and May 5, 12, 19

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



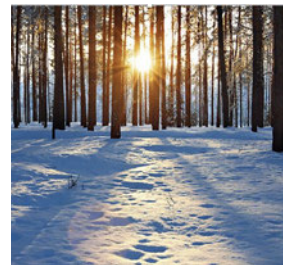
#### Group Testimonial

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



#### Group Testimonial

“The group 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.



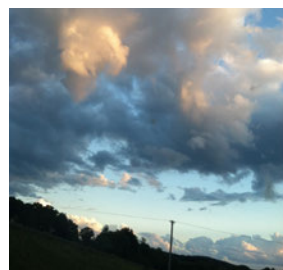
#### Group Testimonial

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



#### Group Testimonial

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



#### Group Testimonial

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