

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 7, 14, 21, 28

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

Summer Labyrinth Walk

Wednesday • July 22

5:00 p.m. — 6:00 p.m.

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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



How Long Does Grief Last?

Thursday • October 1

6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

Fall Labyrinth Walk

Saturday • October 3

9:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



Paths to Peace – A Healing Modality Series

**Saturdays • October 10 – Self-Care and Rituals,
October 17 – Reiki and October 24 – 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

Special Topic

Art as a Pathway to Healing

**Thursdays • October 1, 8, 15, 22, 29, and November 5
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.**

Stress Management and Self-Care in Grief

Tuesday • December 15

6:00 p.m. — 7:30 p.m.

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Debra.Oryzysyn@vnshealth.org

VNS Health Hospice Care
HospiceBereavementStaff@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 hybrid in-person and Zoom group is ongoing

Mondays • July 6, 20, August 10, 24, September 14, 28 and October 12, 26

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 6, 20, August 3, 17, September 21 and October 5, 19

12:00 p.m. — 1:30 p.m.

Dianna Sandiford • 646-430-4125

Dianna.Sandiford@vnshealth.org

Men Coping with Grief

Mondays • July 6, 20, August 10, 24, September 14, 28 and October 12, 26

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 10, 24, and October 8, 22

1:30 p.m. — 3:00 p.m.

Liz Santana • 917-608-7220

Elizabeth.Santana@vnshealth.org



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.

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HospiceBereavementStaff@vnshealth.org

Seasons of Life Support Groups

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Monthly Groups

For Adults Grieving the Death of a Brother or Sister

**Mondays • July 20, August 17, September 21
and October 19**

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 8, August 12, September 9
and October 14**

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 • September 15, 22, 29

and October 6, 13, 20

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 • November 3, 10, 17, 24

and December 1, 8

6:00 p.m. — 7:30 p.m.

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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

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

—N.D.



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

“Each time I attend the weekly group meeting, I am reminded of the importance of allowing myself to grieve.”

—W.B.

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