

### 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 • October 6

6:00 p.m. — 8:00 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

#### Bereavement Creative Arts Support Group

*Each meeting will focus on the grief journey of group members, as told through use of the creative arts.*

*No creative arts skills required and a list of suggested art materials for each session will be provided.*

Thursdays • October 20, November 17, and December 15

11:00 a.m. — 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnshealth.org

#### Fall Labyrinth Walk

Saturday • October 15

9:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



#### Hacer Frente al Duelo Durante las Fiestas

Martes (Tuesday) • Noviembre (November) 8

1:30 p.m. — 3:00 p.m.

Rocío Ruiz • 347-439-2695

Rocio.Ruiz@vnshealth.org

#### Making the Holidays Meaningful and Manageable

Tuesday • November 15

6:00 p.m. — 7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

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

Tuesday • December 13

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

#### How Long Does Grief Last?

Thursday • January 19, 2023

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 21, February 4 and 25

March 4, 2023 (these dates are tentative and TBD)

1:30 p.m. — 4:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



#### Group Testimonial

“During this scary pandemic time, the group gave me comfort, understanding, wisdom, and even moments of joy!”

—E.R.



#### 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 •

### 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 in the First Year Who Are Grieving the Death of a Hospice Patient

*This Zoom group is ongoing*

Mondays • October 10, 24, November 14, 28,  
December 12, 26, and January 9, 23, 2023

11:00 a.m. — 12:30 p.m.

Janet King • 646-341-0405

Janet.King@vnshealth.org

#### For Adults Whose Loved One Died on Hospice

*This is a general loss Zoom group with meetings ongoing*

Wednesdays • October 12, 26, November 16, 30,  
December 14, 28, and January 11, 25, 2023

1:00 p.m. — 2:30 p.m.

Janet King • 646-341-0405

Janet.King@vnshealth.org

#### For Adults Grieving the Death of a Loved One

Tuesdays • October 4, 18, November 1, 15,  
December 6, 20, and January 3, 17, 2023

12:00 p.m. — 1:30 p.m.

Dianna Sandiford • 646-430-4125

Dianna.Sandiford@vnshealth.org

#### For Young Adults Grieving the Death of a Loved One

Thursdays • October 6, 20, November 3, 17,  
December 1, 15 and January 5, 19, 2023

6:00 p.m. — 7:30 p.m.

Gladys Ortiz-Alvarado • 917-923-6288

Gladys.Ortiz-Alvarado@vnshealth.org

#### Men Coping with Grief

Mondays • October 10, 24, November 7, 21,  
December 5, 19, and January 9, 23, 2023

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 • October 6, 20, November 3, 17,  
December 1, 15 and January 12, 26, 2023

1:30 p.m. — 3:00 p.m.

Liz Santana • 917-608-7220

Elizabeth.Santanta@vnshealth.org



#### Group Testimonial

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

—N.D.



#### Group Testimonial

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

—E.G.

## 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 • October 24, November 21, December 19,  
and January 23, 2023

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 • October 12, November 9, December 14,  
and January 11, 2023

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

Thursdays • TBD

4:00 p.m. — 5:00 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

Mondays • October 17, 24, 31 and November 7, 14, 21

5:30 p.m. — 7:00 p.m.

Mary Kay King • 646-627-4618

MaryKay.King@vnshealth.org

#### For Adults Grieving the Death of a Parent

Tuesdays • January 24, 31, and February 7, 14, 21, 28, 2023

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org

### Special Topic

#### Art as a Pathway to Healing

Thursdays • 10/13, 10/20, 10/27, 11/3, 11/10 and 11/17

1:30 p.m.— 3:00 p.m.



This fall, the Museum of Modern Art, in Partnership with **VNS Health Hospice Care**,

invites you to join regularly scheduled virtual programs. 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).



### 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.