

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 •

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

Art making and collage to share memories and grief

A workshop in collaboration with School of Visual Arts

Fridays • January 20, 27, and February 3, 10

11:00 a.m.—12:30 p.m.

Janet King 646-341-0405

Janet.King@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

Book Club: We Were Made for These Times

Ten Lessons for Moving Through Change, Loss and Disruption

Wednesdays • January 25, February 1, 8, 15, 22, and

March 1, 8, 15, 22, 29

12:00 p.m.—1:00 p.m.

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

Jean.Metzker@vnshealth.org

Please register by Monday January 23rd

Book Club: Poems by Amanda Gorman

Call Us What We Carry

Tuesdays • March 7, 14, 21

12:00 p.m.—1:00 p.m.

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

Jean.Metzker@vnshealth.org

“For All of Us Who Are Hurting & Healing Who Choose to Carry on.”

Stress Management and Self-Care in Grief

Tuesday • March 14

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 • April 13, 20, 27 and May 4, 11 and 18

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.**

Mindfulness Based Grief Reduction: A full day silent retreat

Finding Peace • 16 Breathing Exercises

Sunday • May 15

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.

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 January 9, 23, February 13, 27, March 13, 27, and April 10, 24

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 • January 11, 25, February 15, March 1, 15, 29 and April 12, 26

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 • January 3, 17, February 7, 21, March 7, 21, and April 4, 18

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 • January 12, 26, February 13, 27, March 9, 23

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 9, 23, February 13, 27,

March 13, 27, and April 10, 24

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 12, 26, February 9, 23, March 9, 23, and April 13, 27

1:30 p.m. — 3:00 p.m.

Liz Santana • 917-608-7220

Elizabeth.Santanta@vnshealth.org

Special Workshops

Paths to Peace – A Healing Modality Series

Saturdays • March 18 • Self-Care and Rituals,

March 25 • Reiki

April 1 • Mindfulness Meditation and Labyrinth Walk

10:30 a.m. – 11:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.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 • January 23, February 27, March 27, and April 24
 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 11, February 8, March 8, and April 12
 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 Parent

Tuesdays • January 24, 31
 February 7, 14, 21, 28
 6:00 p.m. — 7:30 p.m.
 Debra Oryzysyn • 212-609-1929
 Debra.Oryzysyn@vnshealth.org

For Adults Grieving the Death of a Spouse or Partner

Tuesdays • April 25
 May 2, 5, 9, 16, 23, 30
 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

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

—N.D.



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.”

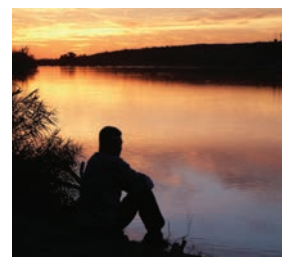
—E.G.



Group Testimonial

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

—W.B.



Group Testimonial

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

—J.S.